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SUPREMO TARANTINO

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Take Up Too
Much Of
Today."***

– Will Rogers

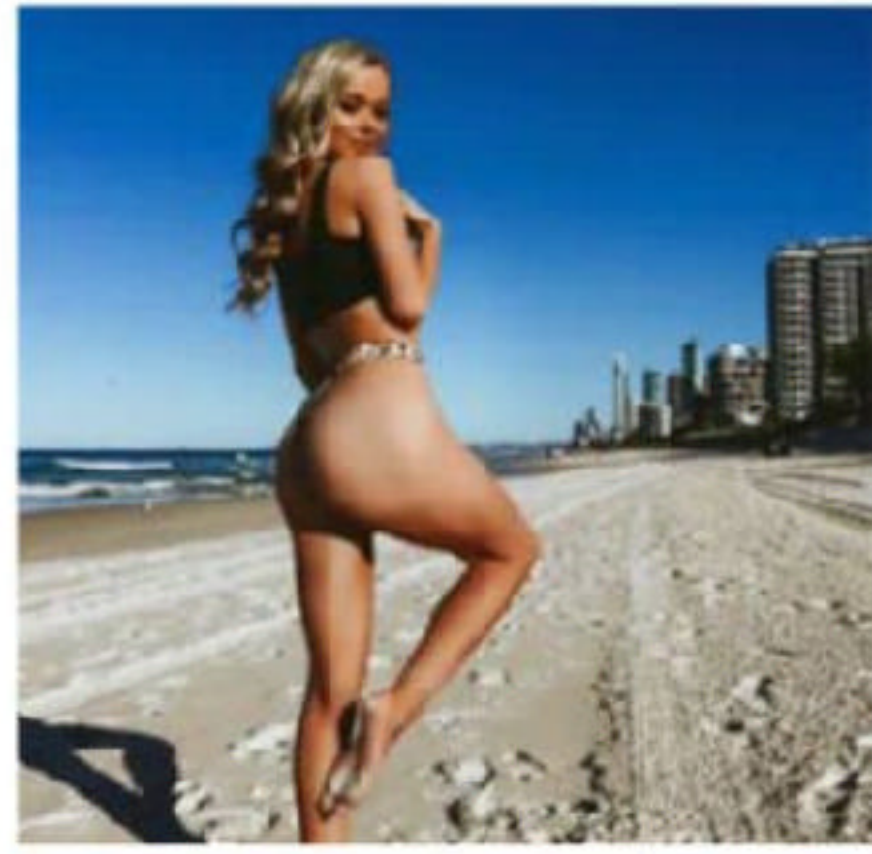
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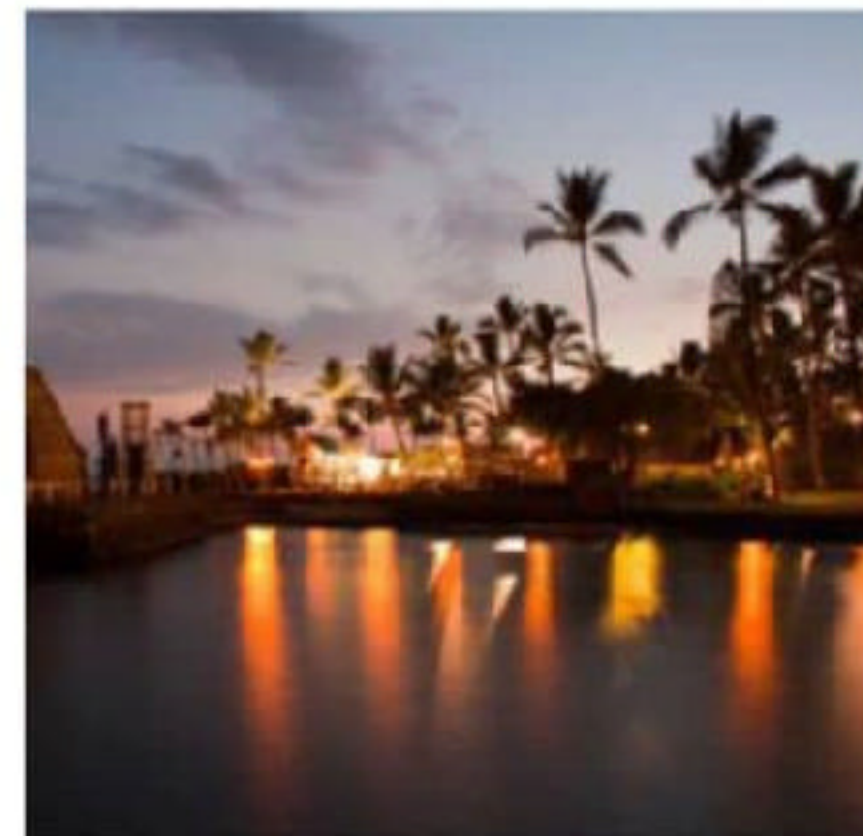
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Top 10 Men **in Movies**

There's no denying, movies are cool, we watch them with friends, family, and even with our girl and with the worldwide fame comes those desirable extras like the fans and the riches. When it comes to films we all have our favorites so there's no real way to say "who's the best" as we all have our own individual preferences and we each consider different things as "good", like awards nominations v.s. wins, or acting skill across genres, or likability, most money earned, highest paid, the list goes on. I mean Arnold Schwarzenegger is pretty dope, isn't he? He seems to master whatever industry he chooses to get into, from bodybuilding, to acting, to politics but... does that necessarily make him number 1 on this list? Nobody can actually be numero uno so instead, we're showing our appreciation to a few of the greats, since there are so many, of old, currently and still yet to come.



JACK NICHOLSON

Does he even need an introduction? We don't think so. The American actor, producer, director and screenwriter is a three-time Academy Award winner who is best known for his legendary performances in movies like *The Shining*, *As Good as It Gets*, and *One Flew Over the Cuckoo's Nest*.

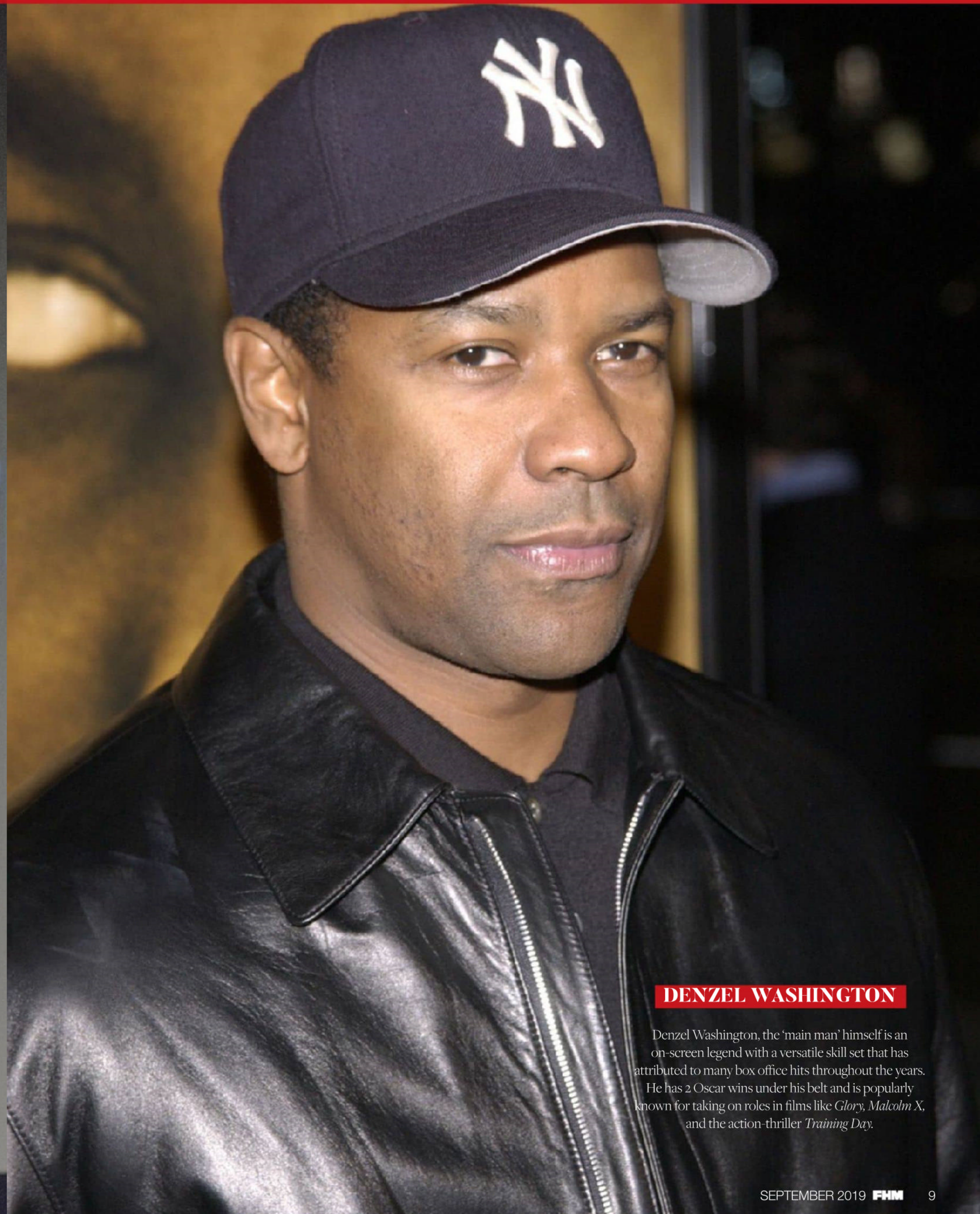


ROBERT DE NIRO

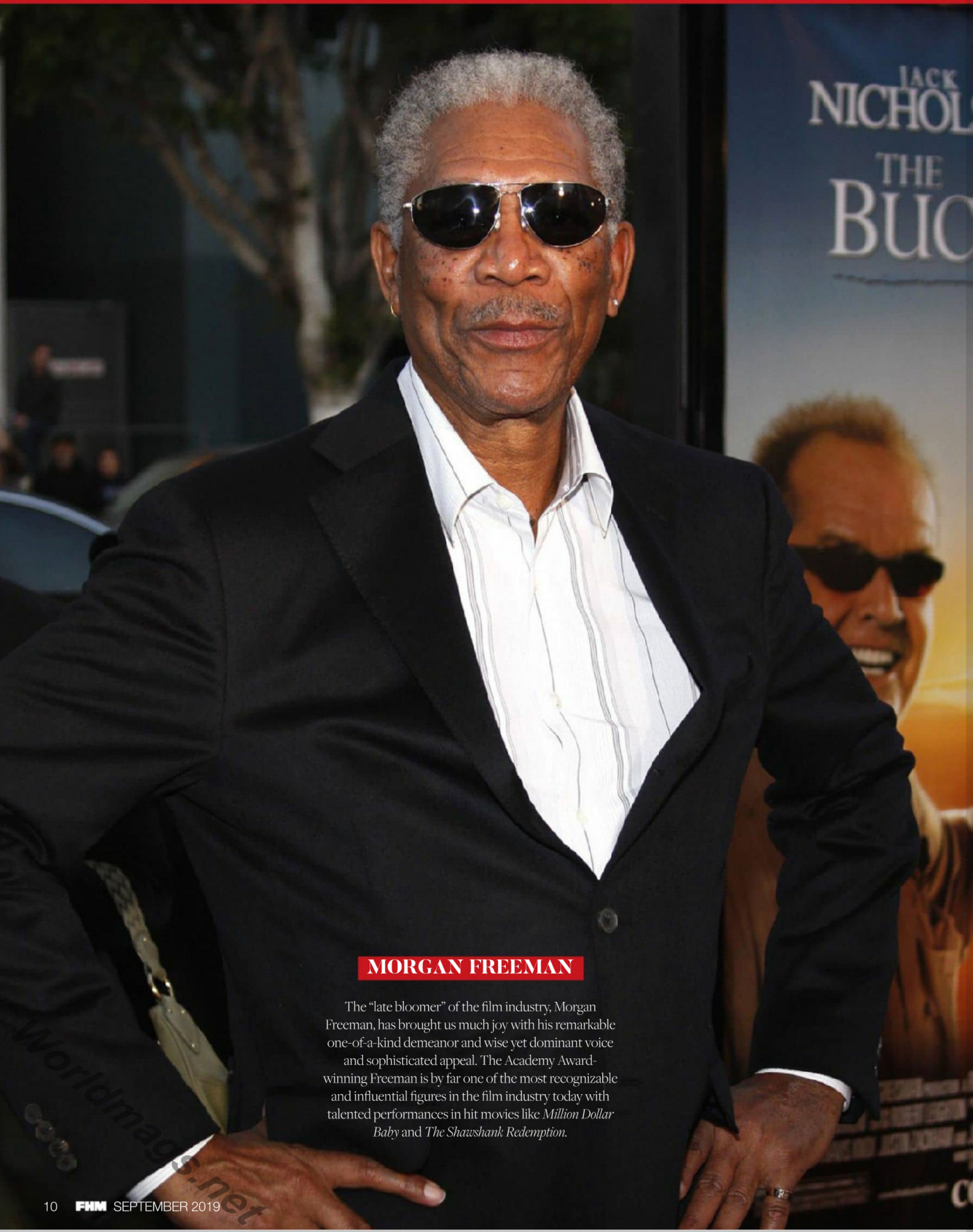
Keenly regarded as one of the greatest and most recognized actors the world over for his "wise guy" style and superb acting skills and versatility within roles, M.R. De Niro has won 2 Oscars and is most famous for his roles in films like *Raging Bull*, *The Deer Hunter*, and *The Godfather: Part II*.

**AL PACINO**

Respected in his own right, Al Pacino, the Academy Award-winner who is popularly known for his unforgettable performance in *Scarface*, has entrenched himself as an icon in American film with his unique style and skill in awesome titles like *Scent of a Woman*, *Dog Day Afternoon*, and *The Godfather: Part II*.

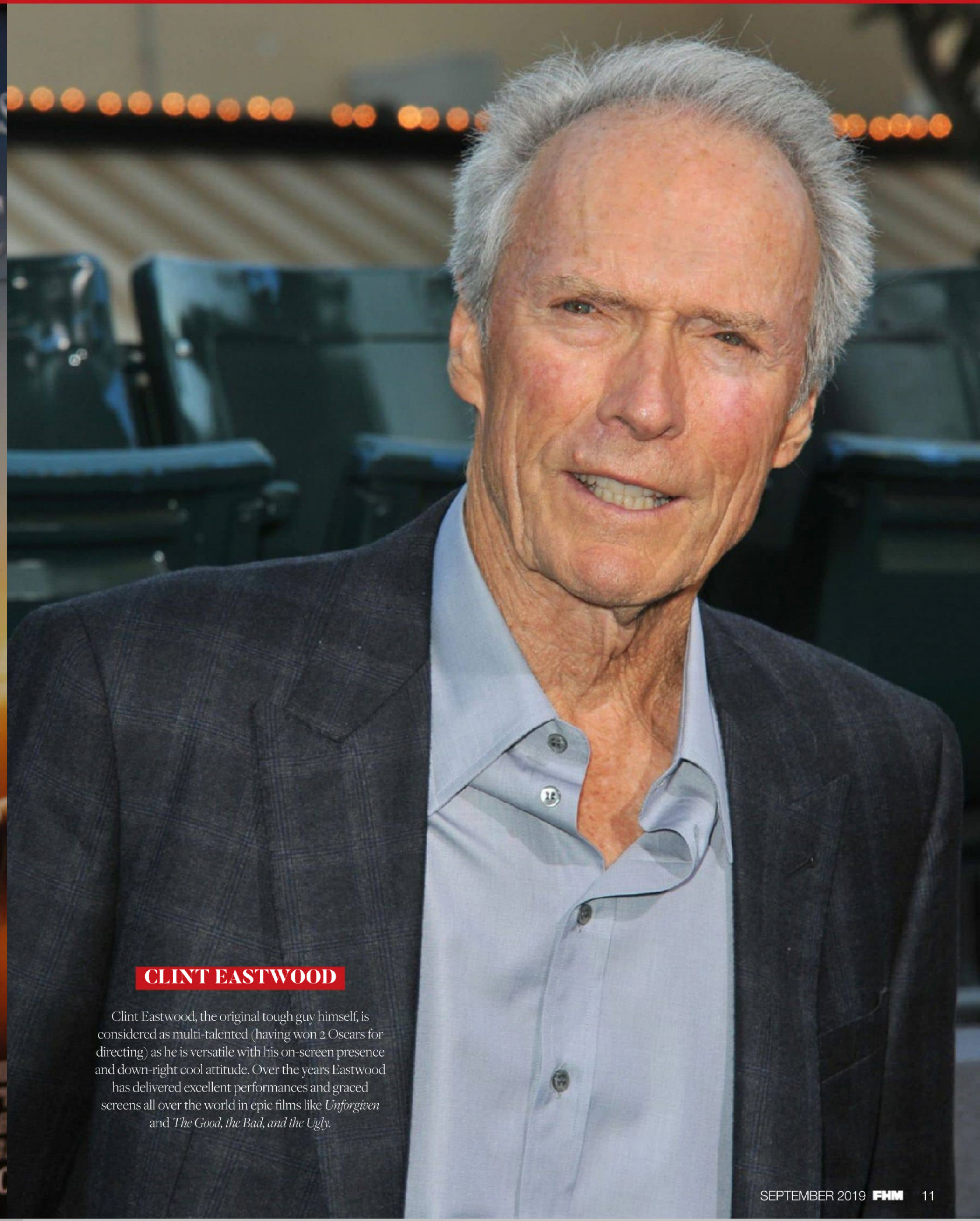
**DENZEL WASHINGTON**

Denzel Washington, the 'main man' himself is an on-screen legend with a versatile skill set that has attributed to many box office hits throughout the years. He has 2 Oscar wins under his belt and is popularly known for taking on roles in films like *Glory*, *Malcolm X*, and the action-thriller *Training Day*.



MORGAN FREEMAN

The “late bloomer” of the film industry, Morgan Freeman, has brought us much joy with his remarkable one-of-a-kind demeanor and wise yet dominant voice and sophisticated appeal. The Academy Award-winning Freeman is by far one of the most recognizable and influential figures in the film industry today with talented performances in hit movies like *Million Dollar Baby* and *The Shawshank Redemption*.



CLINT EASTWOOD

Clint Eastwood, the original tough guy himself, is considered as multi-talented (having won 2 Oscars for directing) as he is versatile with his on-screen presence and down-right cool attitude. Over the years Eastwood has delivered excellent performances and graced screens all over the world in epic films like *Unforgiven* and *The Good, the Bad, and the Ugly*.



JOHN WAYNE

We couldn't make a list like this without mentioning an American great. An industry leader since BEFORE there were industry leaders and some would say, John Wayne was the very first action hero. Wayne has won an Oscar and brought us movie greats like *True Grit*, *The Alamo*, and *Sands of Iwo Jima*.



CHRISTOPHER WALKEN

M.R. Walken has always added a unique and eccentric aspect to the characters he plays with his natural talent and calm disposition. He's known for his versatility and was named as one of Empire magazine's "Top 100 Movie Stars of All Time." Walken has won an Oscar for Best Supporting Actor for his role in *The Deer Hunter* and is popularly known for his appearances in films like *King of New York* and *Catch Me If You Can*.



BRAD PITT

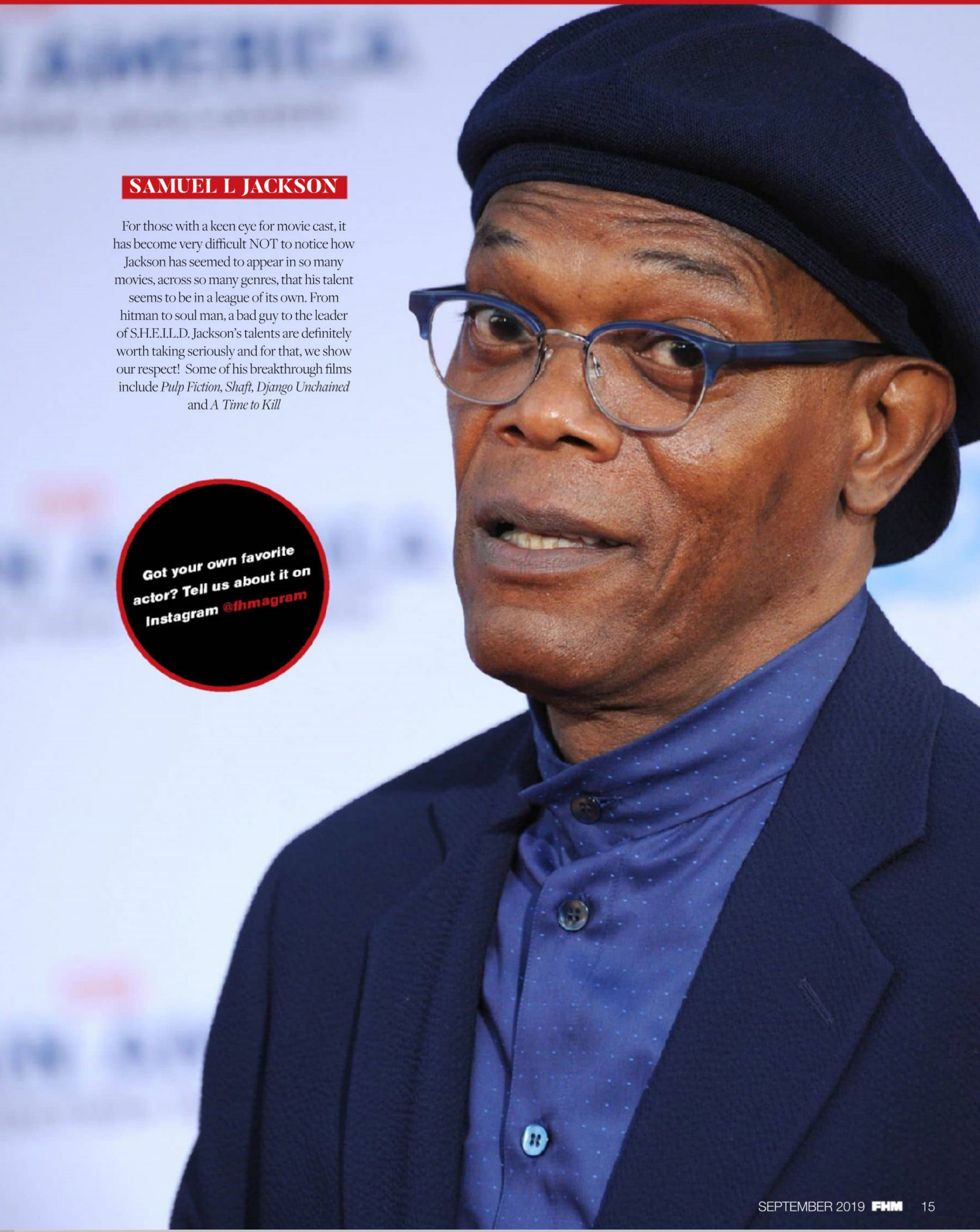
Yup, we had to go there. Anyone who has followed Brad Pitt's career has seen his amazing transition from a young and skilled actor to matured and versatile onscreen success. Plus, he's the other half of the *Mr. & Mrs. Smith* acting duo that became a box office hit the world over. Pitt is an actor and producer known for his pure talent and role versatility and boyish good looks.

He's an Academy Award and Golden Globe-winner who has brought us some of the most entertaining roles portrayed in movies like *Moneyball*, *Twelve Monkeys*, *The Curious Case of Benjamin Button* and *Fight Club*.

SAMUEL L JACKSON

For those with a keen eye for movie cast, it has become very difficult NOT to notice how Jackson has seemed to appear in so many movies, across so many genres, that his talent seems to be in a league of its own. From hitman to soul man, a bad guy to the leader of S.H.E.I.L.D., Jackson's talents are definitely worth taking seriously and for that, we show our respect! Some of his breakthrough films include *Pulp Fiction*, *Shaft*, *Django Unchained* and *A Time to Kill*.

Got your own favorite actor? Tell us about it on Instagram @fhmagram



Ash Vize

Fall in love...

Ash Vize | @ashvize
Photographer Ryan Dwyer | @letshoot
Managed by Luis Rodrigues | @mainstreetproductions
Lingerie by Rochel | Pink set by Jade Piper | Beach shots by Beckie G

BEING IN FHM

I was very excited and thankful for the opportunity. It's been a goal of mine to become an FHM model.

SOMETHING SURPRISING

I'm an Irish and Rarotongan model from New Zealand. I've been a model for almost three years now and I have worked with some amazing magazines. I love horror films, especially shark ones. I find it fascinating learning how the survivor escapes the final attack. I also never miss shark week! Love a good hammerhead.

ABOUT ASH

I'm a loving, compassionate, sensitive and bubbly girl and I work hard to achieve my goals.

ON A PERSONAL NOTE

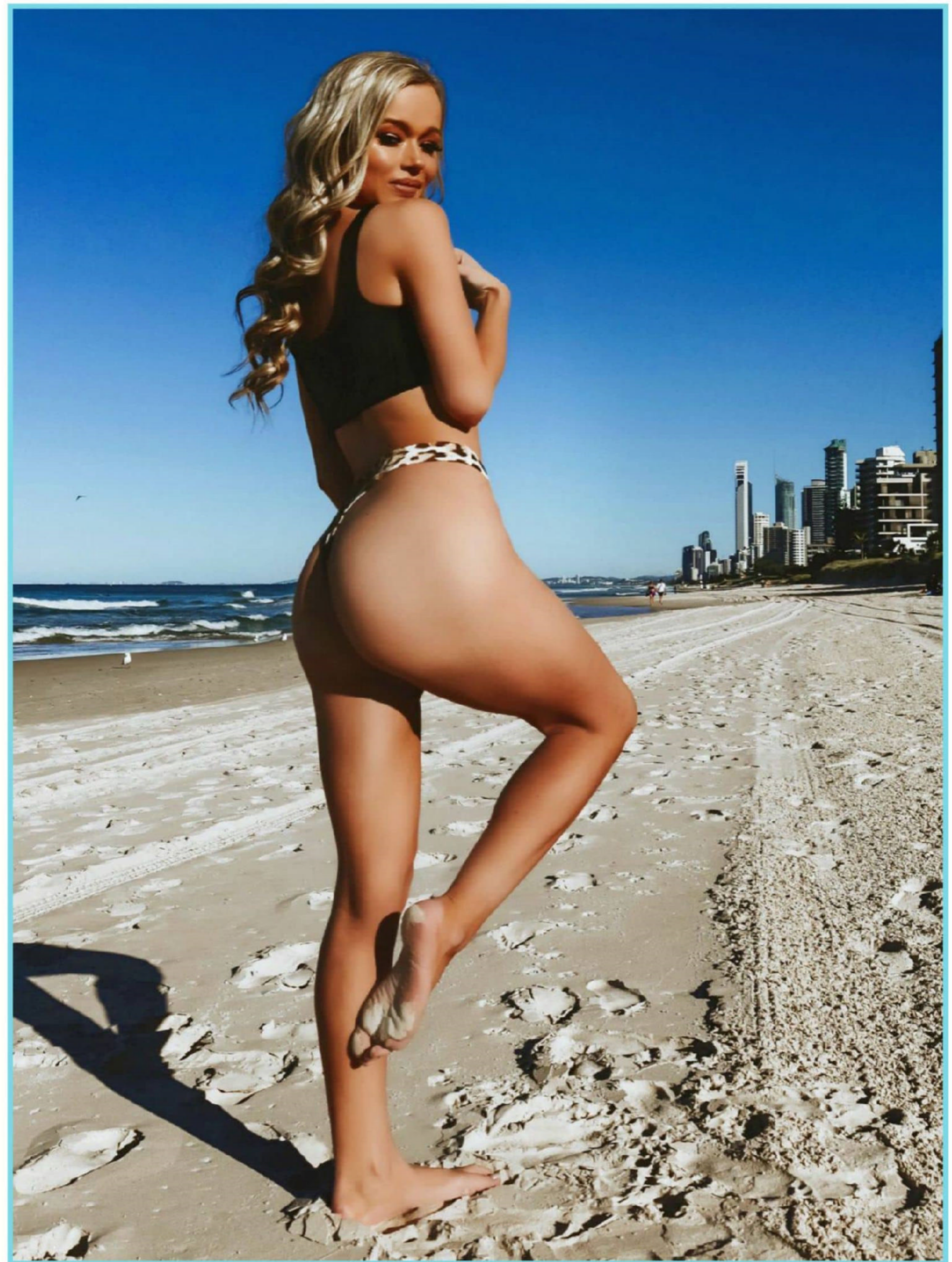
That I'm actually really nice when you meet me in person. Some people assume I'll be stuck up just because I'm a model.

DEMANDS OF MODELING

Getting people to understand the time and effort that goes into each photoshoot. Some people don't realize that a model will have to hold an artistic pose for an extended time.

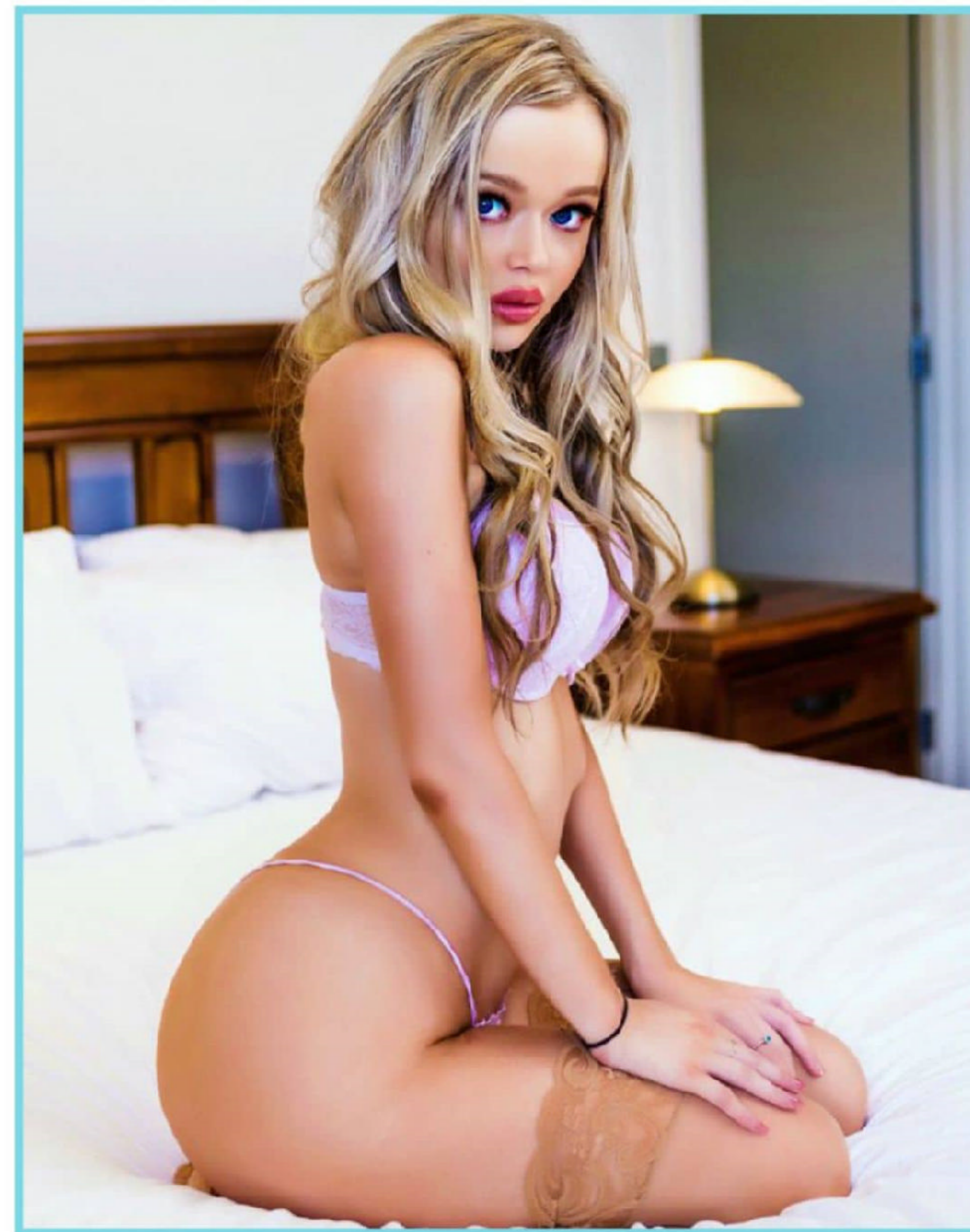
PHOTOSHOOT PREP

I like to have a good workout the night before, I believe it gives me more energy the next day. I also listen to my favorite songs just before the shoot.





Want to see
more of Ash? Then
follow her journey
on Instagram
@ashvize



FUN TIMES

I love road trips! I try to go on them whenever I get free time. I also like playing video games with friends and anything involving animals. A trip to the zoo or a cat cafe is always fun!

ASPIRATIONS

Working in the mental health field. It's still a goal of mine to become a clinical psychologist or some sort of mental health professional later in life. I've been studying psychology for a couple of years now.

A DAY IN MY LIFE

Typically, a photoshoot at a beautiful location, some nice meals, and when I'm back home in New Zealand I always set aside some quality time for my puppy Clooney.

"I love road trips! I try to go on them whenever I get free time."

THE PERFECT DATE

A date where we both feel comfortable to be ourselves. Take me to the zoo or an arcade and let's let loose and have some fun! Someone with the romance of Ed Sheeran and the sense of humor of Larry David. My date should not try to impress me but rather try to connect with me.

TURN ON & OFF

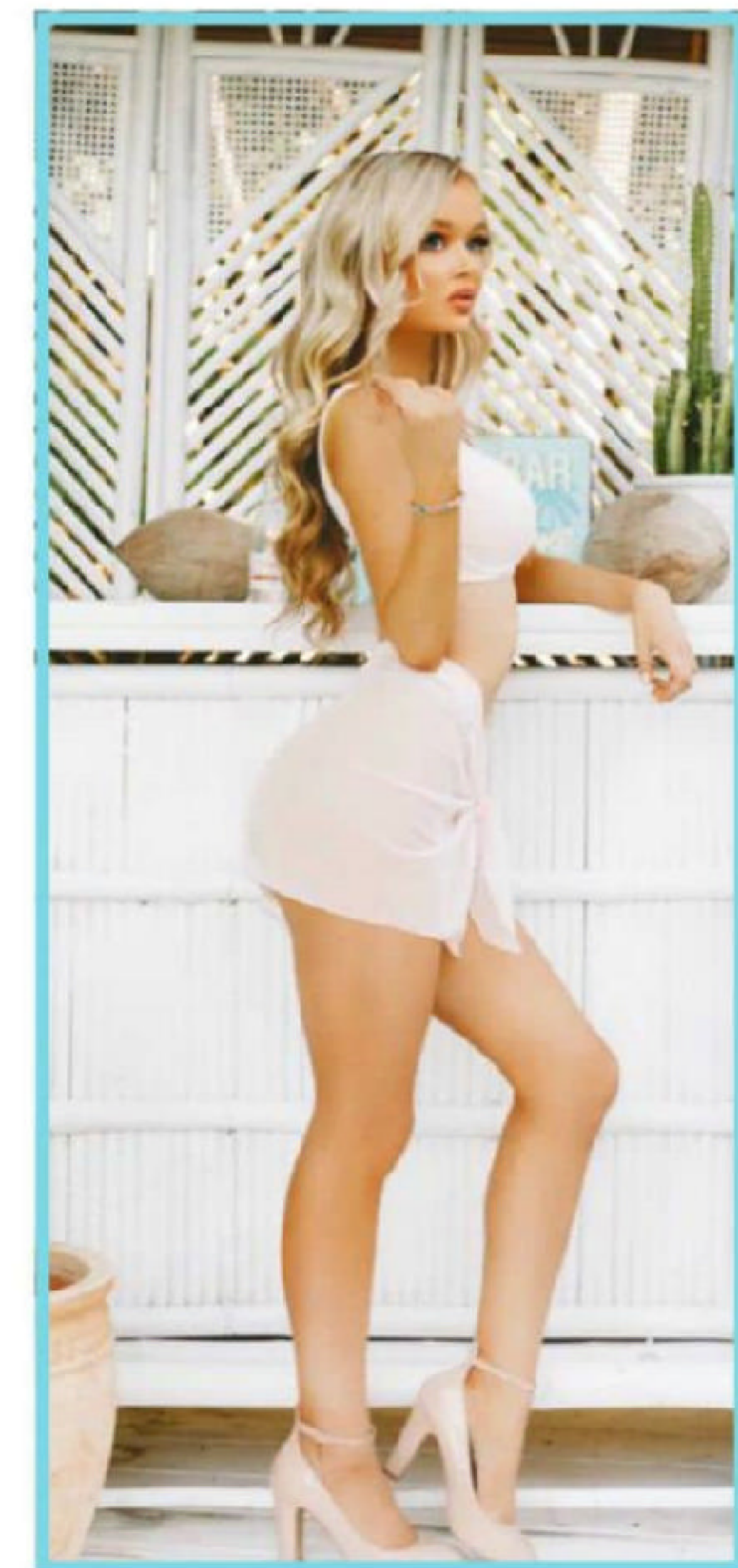
Turn on would be when a man is passionate and shows me how much he wants me. What's hotter than two people who can't keep their hands off of each other? Turn off when a man tries too hard to impress me and acts cool.

FUTURE PLANS

I will continue to pursue modeling and perhaps have a go at acting. Then at some point, I will switch it up a bit and focus on becoming a mental health professional.

MY MANTRA

One of my mottos in life is to always treat people the way you would like to be treated. Another is that good things come to those who have a goal and are willing to work hard to reach it.



**"Good things
come to those
who have a
goal and are
willing to
work hard to
reach it"**



What's ON?

The ins and outs on what we're binge-watching, what's to come and some of our favorite picks

By Andre Coetzer

SupremO TarantinO

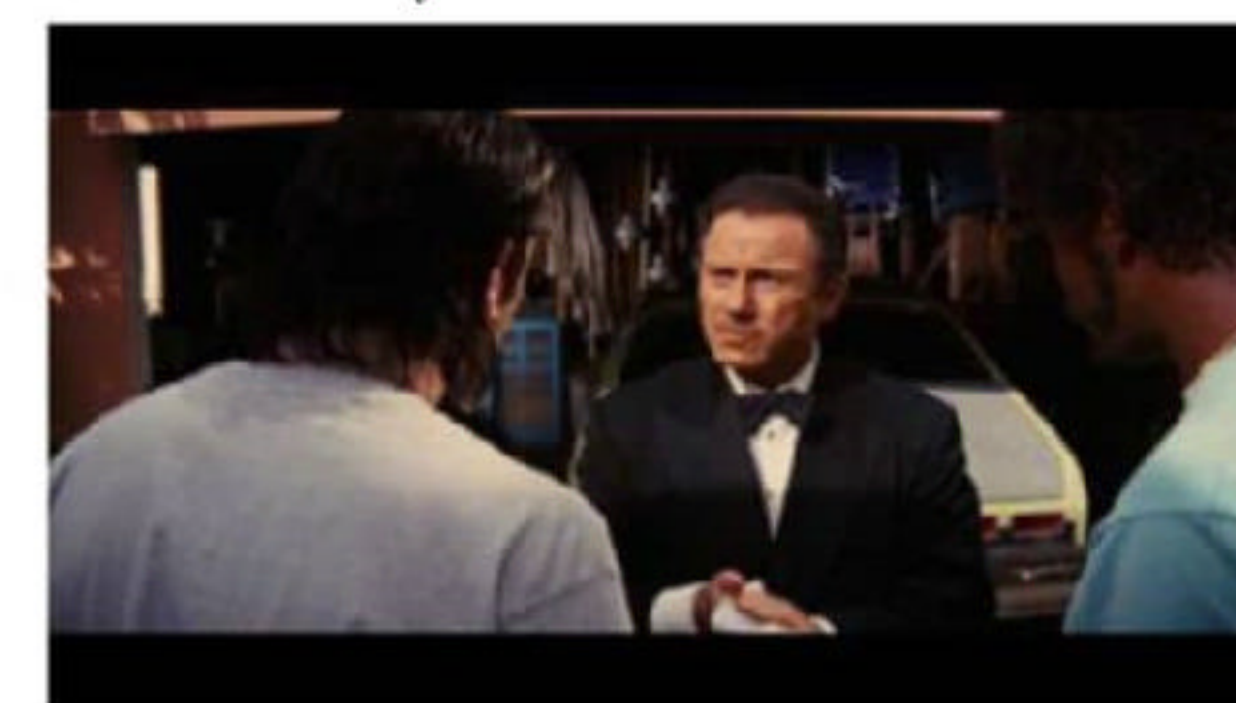
We explore legendary Quentin Tarantino's greatest cinematic moments

One of the most controversial yet brilliant film directors of our time, Quentin Tarantino recently released his ninth film, *Once Upon a Time in Hollywood* to critical acclaim. This divisive director has been changing the film landscape for the last 28 years, yet he has only released nine movies, which is incredible to think in the day of 20 Marvel movies with a bucketful of sequels and reboots every year. Yet that is what sets him apart from his peers, as each of his films are unique, perfectly crafted works of cinema that never fail to capture the imagination, upset the masses and light up silver screens around the world. With that in mind, let's take a look at some of the best moments from his previous eight movies as we celebrate the uniqueness of the mind of Tarantino.



The Wolf Arrives – Pulp Fiction

After Vince and Jules accidentally kill the kidnapped Marvin in their car, by blowing his brains all over the backseat of their car, the two hitmen panic and arrive at Jimmie's house (a wonderful cameo from Tarantino himself) to seek help in cleaning up their mess. Jimmie is freaking out as his wife Bonnie will be home soon and she will clearly divorce him when she finds a car with a headless body in his garage. In steps the Wolf, masterfully portrayed by Harvey Keitel, to save the day. Not only does he motivate the arguing trio to clean up everything but the delivery of his mission statement is arguably one of the best-written monologues in cinema history.



Candie's Blood – Django Unchained

In a tense scene at the Candie estate, Schultz and Django have just been found out by the evil plantation owner and he cannot contain his rage as he smashes his hand down on a table, breaking a wine glass. With his hand profusely bleeding Candie goes on a tirade of anger and vengeance against the two that have disrespected him in his own home. DiCaprio's performance alone makes this sense tense and exciting, but when it came out that the blood was not planned and that Leo accidentally cut himself during filming, yet continued to improvise the scene regardless makes it so much more tense and wonderful.

The Milk Farmer and His Daughters – Inglourious Bastards

Arguably one of the most tense scenes in cinema, sees the Nazi officer, Hans Landa interrogate a French milk farmer about the region's Jewish families. Over twenty minutes in length, Landa calmly smokes a pipe, drinks fresh milk and speaks in a friendly yet charming English, all the while masking his true intentions. What starts off a simple inspection, quickly turns into a tense standoff between the officer and milk farmer as it becomes painfully clear to the viewer that Landa is fully aware of the Jewish family hiding in the basement. Tarantino is known for his excess violence and over the top characters, but this scene proves he excels at character development and how to build a scene with only a small room and fantastic dialogue.

Trailer Trash Trouble – Kill Bill Vol. 2

With the Bride having already killed off two of the Deadly Viper Assassination Squad, she sets out to get her revenge on Budd, who lives out in a trailer in the middle of nowhere, but unbeknownst to her, the deadly Elle Driver is waiting there for her. The two square off first with a typically Tarantino joust of words before the two clash in a violent explosion inside the trailer, using whatever they can find as weapons or shields. Not only is the scene masterfully shot and incredibly well-choreographed, but seeing the Bride finally getting her revenge on Driver by pulling out her one good remaining eye is as gruesome as it is satisfying.



The Crazy 88 Fight – Kill Bill Vol. 1

As the Bride arrives at the House of Blue Leaves, the base of operations for her former assassin partner O-Ren Ishii and her Crazy 88 gang, the viewer gets treated to a breathtaking feat of fight choreography, warmly wrapped in every great kung-fu homage known to man. A ten-minute sequence of unrelenting and over the top violence, filled with breathtaking cinematography and intense sword-fighting scenes. The eventual stand-off between The Bride and Gogo sees the schoolgirl dressed psycho wielding a meteor hammer and the Bruce Lee inspired outfitted Uma Thurman face off in a tense and brutal battle that culminates in the Bride finishing off the last of the Crazy 88. It's gory, it's gratuitous and it's Tarantino at his absolute best.



Jackie's Iconic Entrance – Jackie Brown

Not every classic Tarantino scene is filled with witty dialogue or over the top violence and the opening scene from the criminally underrated Jackie Brown proves that Tarantino is a master at conveying emotion, strength and character development through brilliant use of music, shot composition and timing. Jackie Brown opens on a mundane location - an airport

escalator. Seconds later the titular air hostess saunters into view, looking straight ahead as she's carried along the automated belt. It's a straightforward scene on paper, but it sets up the character brilliantly and of course the soundtrack choice of Bobby Womack's "Across 110th Street" just adds to the badass that is Jackie Brown.



The Dogs Breakfast Banter – Reservoir Dogs

The opening scene of Tarantino's directorial debut introduced the world to the eccentric auteur's very specific style and snappy dialogue. Having breakfast before their big planned heist, the hardened criminals have a very normal breakfast, covering various mundane topics in what could be seen as just friends having a meal together. Some topics included an in-depth discussion on Madonna's Like a Virgin through to harassing Mr. Pink's poor tipping practices. The scene prepared the world for what Tarantino would deliver on a consistent basis through all his future cinematic releases.





Once Upon a Time in Hollywood

It's been 28 years since Quentin Tarantino changed the film landscape with his seminal directorial debut, *Reservoir Dogs*. Since then he has taken on almost every genre, from western to kung fu, from World War 2 epics to noir crime thrillers and now he steps into the golden era of Hollywood cinema, late 60's California with his ninth film, *Once Upon a Time in Hollywood*.

It's 1969 Los Angeles, where a golden era of Hollywood is coming to a dramatic and sudden end. TV star Rick Dalton (Leonardo DiCaprio) and his lifelong stunt double Cliff Booth (Brad Pitt) make their way around an industry they hardly recognize anymore. The hard-drinking, fading cowboy/action star Rick Dalton struggles with his career, trying to decide whether to continue playing bad guys in TV pilots or go to Italy to make Spaghetti Westerns. Cliff Booth is now largely unemployable and passes the time driving Rick around and taking care of Rick's home maintenance. Living next door is rising star Sharon Tate (Margot Robbie), who recently married director Roman Polanski and is enjoying the response to her new movie, *The Wrecking Crew*. Trouble arises when Cliff picks up a hitchhiker (Margaret Qualley) and takes

her to the Spahn Ranch, where the soon-to-be notorious Manson Family lives. And a terrible coincidence brings the cult members back to Hollywood.

Once Upon a Time in Hollywood is a love letter to the golden era of Hollywood, but with the unique humor and history-altering choice Tarantino is so well known for. As always it's a star-studded affair with multiple storylines that all come together in the violent yet bittersweet ending that truly takes the audience by surprise. It's Tarantino at his sparkling best, yet there are signs of an older more thoughtful Tarantino scattered throughout this fascinating film. Yet one thing that has not changed is the incredible levels of detail in recreating this well-remembered era, from entire Los Angeles streets closed down to allow the crew to recreate the street signs and storefronts to match the era exactly to using over a 100 era relevant cars in every scene to ensure the look and feel is as accurate as possible. Very few directors would have the patience or the star power to pull this off and that's what makes Tarantino one of the last great directors.

The dialogue is as snappy and witty as always and the cast shines in every scene, yet it doesn't

feel like Tarantino of old. There is a sense of loss and tragedy in this movie, and it's not just related to the happenings on screen, but feels like a love letter from Tarantino himself to an era that is lost and will never return. And this adds that extra magic to an already brilliant film.

Of course, if you've never been a Tarantino fan, then this movie will not change your mind. Some scenes are excruciatingly slow, yet perfect in context. The history-altering scenes may not sit right with some, as seen with the mini-drama that has come to the fore regarding the Bruce Lee scene. The violence is there as well, with some really disturbing scenes towards the end. Yet Tarantino is a director that does what he wants, when he wants and how he wants. And that is truly rare in an era where corporations dictate what the director does. *Once Upon a Time in Hollywood* might be a love letter to the end of the golden era of the fabled Hollywood, yet it feels like an end to the modern era of cinema, an end to truly unique directors with unique visions and stories. If rumors are to be believed and this is Tarantino's last film then this film is not just a goodbye to the golden era, but a goodbye to a peerless, violent, witty and fantastic filmmaker.

The Boys

In recent years superheroes have dominated all forms of entertainment, from the record-breaking Marvel Cinematic Universe to the numerous DC and Marvel TV series found across multiple streaming services. The superheroes are beacons of hope, that saves humanity from all evil and injustices. They are pure bastions of good, that will always put themselves in harm's way for the people around them. But what if some of them weren't all that good? What if some superheroes were as fallible as the human race they are protecting? Step in the Amazon Original *The Boys*, a show that treats their superheroes as corruptible people who only care about their PR brand and how much money they are making from market share. It's an interesting take on the superhero model that exists at the moment but there is so much more when you dive deeper into the dark and seedy subtext of *The Boys*.

Based on the 2006 graphical novel by Garth Ennis (of *Preacher* fame), *The Boys* is set in a universe where superpowered people

are recognized as heroes by the general public and owned by powerful corporation Vought International, which markets and monetizes them. Outside of their heroic personas, most are arrogant and corrupt. The series primarily focuses on two groups: the Seven, Vought International's premier superhero team, and the titular Boys, vigilantes looking to keep the corrupted heroes under control.

When our protagonist Hughie violently sees the death of his girlfriend at the hands of A-Train (this universe's Flash) as he accidentally runs through her at super-high speeds, it sets Hughie down a path of revenge that leads him to the introduction of Billy Butcher, brilliantly portrayed by Karl Urban. Butcher has his own plans for revenge against the leader of The Seven, the Superman of this Universe, Homelander. After initial doubts, Hughie joins The Boys, set on getting his revenge against the evils of the corrupted superheroes. Meanwhile, Annie January's dreams come true when she joins the Seven as a new recruit Starlight, but her idealistic

outlook on life is quickly shattered when she comes to terms with what it really means to be a superhero and the sacrifices she needs to make to ensure she stays in the Seven.

To go into any more detail of the dark and twisted story of *The Boys* would lead to major spoilers and this is a series that deserves to be seen spoiler-free. It's an interesting take on the "What if" theory many have had with their friends when discussing their favorite superheroes and this series is not afraid to take it into its darkest areas. There are truly shocking moments scattered throughout the 8-episode arc, filled with intense gore, hilarious moments and awe-inspiring revelations. The supes might not be what they seem but neither are our heroes and not an episode goes by without questioning your allegiance. If you're a bit worn out of the current trend of superhero entertainment then *The Boys* might be the perfect medicine to what many call the Marvel fatigue.





One Xbox for ALL

The 5 best highlights on the Xbox One (so far)

In 2013 Microsoft revealed the Xbox One at the annual E3 convention in Los Angeles and to say the reception was icy would be an understatement. Everything that could've gone wrong did, and the Xbox immediately fell behind the more popular PlayStation 4. CEO's were fired, strategies were thrown out the window and Microsoft was scrambling to save the once-popular Xbox name. Six years later and many would say that thanks to Phil Spencer and some radical new thinking from Microsoft, the Xbox One has turned into the Cinderella story of this generation. Let's take a look at five of the most innovative and exciting things that the Xbox brought to the fore over the last six years.



BACKWARDS COMPATIBILITY

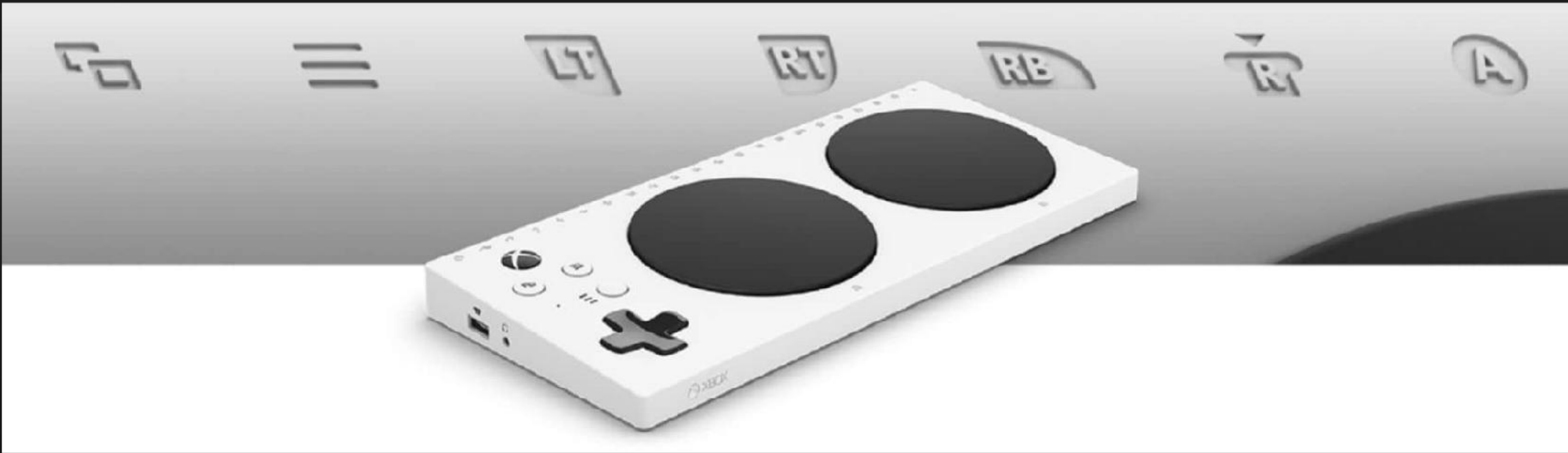
The Xbox One is a console that has thousands of current-gen titles, from the biggest AAA games to the most obscure indie developed titles. Yet Microsoft hasn't stopped there, with a massive focus on backwards compatibility, almost the entire back catalog from three different generations are available to play on your Xbox One. From classic OG Xbox titles to the numerous award-winning Xbox 360 titles are at your fingertips and the best part? If you own these games you get to play them for free and if you're a lucky Xbox One X owner, the built-in hardware upscales these old gaming titles for improved graphics and smoother frame rates. Nintendo and Sony might have the big exclusives but Xbox has all the games.

GAME PASS

Arguably one of the best features on the Microsoft console, the introduction of Game Pass has changed the way developers and gamers look at accessing games. It's a simple concept, loosely based on the Netflix model. You pay a small fee monthly and instantly have access to over 100 games. These range from indie classics to some massive AAA games and even features all future Xbox Exclusives on the day of their release. All of a sudden gamers had instant access to an insane amount of games without having to fork out thousands of dollars. Over the years, Game Pass has become an essential feature to the Microsoft gaming behemoth and one that PS4 owners can only look at in jealousy.

COMBATING ONLINE TOXICITY

With his finger firmly on the current gaming environment pulse, Xbox chief Phil Spencer is fully aware of the often toxic nature of online gaming and in 2019 Spencer launched an industry-wide initiative to combat these issues by sharing solutions and technology and committing the Xbox brand to enforcing a safer and more pleasant environment. Spencer says Microsoft will now commit itself to a series of new initiatives aimed at making gaming more accessible, less toxic, and safer for gamers all around the world. The first of those it announced earlier this month when Microsoft publicly updated its Community Standards, guiding what's acceptable behavior on Xbox Live and how it enforces suspensions and bans. Going further, Microsoft says it will be expanding its safety team in the coming months to include more diverse voices and a wide-ranging set of solutions to common issues.



XBOX ONE X

From the get-go, the original Xbox One was massively underpowered compared to the Playstation 4. Multi-platform games looked and ran better on Sony's machine, developers were now using the PS4 as their main platform to develop for, a complete turnaround from the hugely successful 360 days. That was until the surprise announcement of the Xbox One X in 2017. The brand new Xbox was a beast when it came to power and it's without a doubt the most powerful console in the world at the moment. Featuring true 4K gaming, something the PS4 Pro struggles with, the Xbox One X quickly established itself as the go-to machine for the best-looking and smoothest frame rate games. Although the Playstation 4 is winning this generation, the Xbox One X proved that Microsoft knows how to make a power console.

GAMING FOR EVERYONE

The Gaming for Everyone initiative is truly a heart-warming gesture from Microsoft and one that current Xbox chief Phil Spencer holds dear to his heart. Be it the drive to bring Xbox exclusives to PC gamers to the revolutionary Adaptive Controller that allows people with various disabilities to partake and enjoy gaming to its fullest potential. Xbox has gone out of its way to also ensure that women, people of color and the LGBTQIA communities are included and represented as they truly should be. This is an area where Microsoft is ahead of the game and other developers and publishers need to pull up their socks in this regard.





Gears 5

Gears of War is arguably one of the biggest franchises in gaming history, and definitely one of the main exclusives Xbox owners look forward to. Gears of War 4 launched on the Xbox to great fanfare, featuring incredible graphics, brand new characters and that familiar brutal combat that made the series so beloved. However, the game did have some naysayers, many not enjoying the online component and the abrupt ending to the main campaign. A few years later and The Coalition returns with a new Gears of War, looking to right the wrongs of the previous entry and blow away the naysayers. Welcome to Gears 5.

The world is crumbling. The Swarm has corrupted the Coalition's robot army and is descending upon human cities. With danger closing in, Kait Diaz breaks away to uncover her connection to the enemy and discovers the true danger to Sera. Gears 5's main campaign shifts away from squared jawed JD Fenix and focuses purely on the story of Kait Diaz, who tragically lost her mother to the Swarm in the previous game. The cliffhanger ending of GOW 4 left us to decipher the importance of the necklace she received from her mother and Gears 5 fully explores Kait as a character, her revenge story, and the game explores the intense danger that awaits her and her team.

When you first boot up Gears 5 be prepared to be amazed at how amazing it looks. Unlike

the previous entry, Gears 5 was built with the power of the Xbox One X in mind and it shows. Gorgeous vista's, fantastic character animation and of course brutal chainsaw action is represented in stunning 4K and HDR with a smooth-as-butter 60 frames per second. This title might just be the best-looking game ever to grace the Microsoft console.

But of course, looks aren't everything and it's the gameplay component of Gears 5 that really excels. Having taken the criticism of the previous entry to heart, the Coalition has fine-tuned an already solid gameplay experience and controlling Kait or your online character has never felt better. Online has also been revamped featuring some exciting new game modes for all the online addicts. Escape is a new, aggressive, high-stakes co-op mode featuring a three-player suicide squad that must work together to take out enemy hives from within. The overhauled Horde sees you trying to survive using new hero abilities, building defenses, collecting power, leveling up your skills and working as a team.

Gears 5 is an epic return to form for the series and even the most hardcore GOW fan will find gaming joy in this title. And as per other Xbox exclusives, if you're a member of the Game Pass community to get to try the game for free as it will launch on Game Pass on day one. Rev up you Lancer Chainsaw and prepare yourself for the ultimate Gears experience.



Borderlands 3

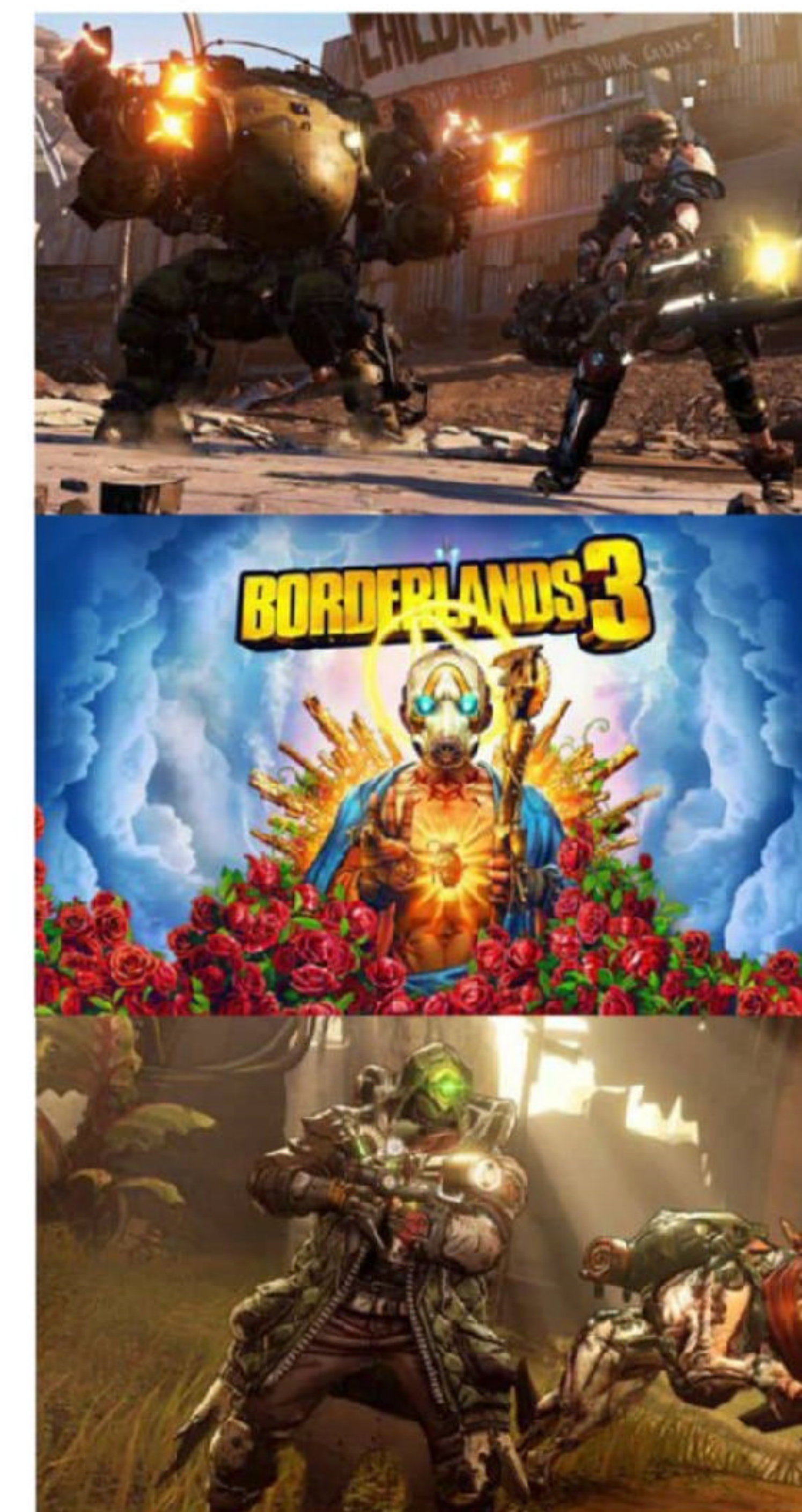
In 2019 the term looter shooter is as common in gaming as Mario and Sonic, with massive AAA games like Destiny and Anthem thriving on the shoot and loot mechanic, but the true originator and granddaddy of the genre made its name way back in 2009. Borderlands was different, it was weird and it was bucket loads of fun and now, 10 years later, the master of the looter shooter returns for its third outing and to show all the other AAA's how it's truly done.

With Handsome Jack dead and the vault hunters from Borderlands 2 happily retired, a new group of hunters has emerged to line their pockets, shoot up everything and save various planets from the new threat of the diabolical Calypso twins. One of the biggest changes from the previous outing sees brand new villains who can best be described as the douchiest kind of live streamers of the future you could possibly imagine and it's up to the new vault hunters to put an end to their tyranny and insanity. Borderlands 3 features four brand new hunters for the player to choose from, Moze the Gunner, Amara the Siren, FL4K the beastmaster and Zane the Operative, each with their own unique abilities and their own demented reasons for wanting to stop the twins.

Another big change sees the shift of location, in previous Borderlands games the objective was to save the planet of Pandora, but the scope has shifted and now you find yourself having to save

an entire galaxy with numerous planets under threat from the Twins. Unlike in Borderlands 2, Sanctuary is not just a town anymore but a spaceship that you will use to travel to planets, buy guns, talk to various characters and just take a break from shooting various psychos. And speaking of guns, one of Borderlands strengths has always been its variety of guns and this game does not disappoint. The developers Gearbox claim that there will be over a billion variations of guns found around the world of Borderlands 3 from freeze guns to guns that shoot volcanos that then shoots fire, to a gun with legs that walks around and insults your opponents before shooting them in the face. It's as mad and zany as ever.

The multiplayer configuration has also seen an overhaul by bringing in the popular ping system from Apex Legends as well as fine-tuning the loot system. Now you don't have to argue with your friends who picks up the best loot after killing a boss, as the loot is tied to the individual player so everyone gets to have a go. As always four-player co-op is the best way to enjoy the game and nothing beats running around various planets, shooting crazy villains with crazy guns with three friends in tow. There's no doubt that Borderlands 3 builds on the previous iterations and has improved tenfold to finally offer one of the most unique experiences in the looter shooter genre.



Music to OUR ears!

The best noise-canceling headphones money can buy

The world today is a noisy place, be it commuting to work, sitting in your open-plan office or just walking the streets of your city. Noise is everywhere and what better way to block that out with a quality pair of noise-canceling headphones. Be it for listening to your favorite podcast, taking in the action from your favorite game or watching the latest episode of your captivating series. These are currently the best headphones money can buy to make sure your life is noise-free.



Sony WH-1000XM3

Sony has been ruling the noise-canceling market these last 2 years and the updated WH-1000XM3 looks set to continue this dominant run. This year's version sees small refinements over last year's excellent WH-1000XM2 but the addition of USB-C charging and added padding to the bridge ensures that Sony is still the king of cans. The biggest reason why these headphones are arguably the best in the business comes down to the noise-canceling, currently it is in a league of its own and with the addition of aptX HD and Sony LDAC, your music will sound amazing regardless if you're on Bluetooth or wired. Finally, all of Sony's flagship headphones offer both Google Assistant and Alexa support.

Acoustic design: Closed | Cable length: 3.94 ft | Frequency response: 4Hz to 40kHz | Drivers: 40mm Dual-Layered Diaphragm | Driver type: Dynamic | Sensitivity: 104.5 dB | Impedance: 47 ohm | Battery life: 30 hours | Wireless range: 30 meters (98ft) | NFC: Yes



Bose Noise-canceling Headphones 700

For many years, Bose has been the go-to brand for quality noise-canceling and the 700 series once again proves the boys at Bose know their stuff. What sets this pair apart from its competitors is that it doesn't just add noise-canceling to media consumption but also to phone calls, which means you can safely take that call noise-free regardless of your surroundings. Bose has also redesigned the look of the 700 series and it offers a more slick and stylish look than the Sony pair, yet it does not quite offer the same impressive battery life than it's Sony competitor.

Acoustic design: Closed | Battery life: 20 hours | Wireless range: 33 ft | NFC: Yes



Jabra Elite 85H

Considering this is Jabra's first foray into the premium wireless ANC headphone market, the Elite 85H is quite an achievement. With a better battery life than the Sony option, great design and loads of personalization options the Jabra offering is highly recommended for someone looking for something new. The noise-canceling is great and stands next to the big boys when it comes to that essential offering. Small drawbacks are the lack of high-end codec support and the bass does feel a bit flat sometimes, but these are minor quibbles to a fantastic set of headphones. It will be very interesting to see what the company does next.

Acoustic design: Closed | *Frequency response:* 10Hz to 20kHz | *Drivers:* 40mm | *Driver type:* Dynamic | *Battery life:* 36 hours | *Wireless range:* 10 meters (33ft) | *NFC:* N/A

JBL Live 650BTNC

For those looking for great noise-canceling headphones but are irked by the price points of the above-mentioned cans, then the JBL Live 650BTNC is right up your alley. At almost half the price of other premium headphones, these cans deliver premium sound with great ANC as well as a compact design. Although the on-ear form factor can get uncomfortable during long listening sessions and the controls can be quite confusing in the beginning, the Live 650BTNC is still a great option if budget is your main driving force. With solid battery life and EQ customizations, you can do far worse than this JBL offering.

Acoustic design: Closed | *Cable length:* 3.93ft | *Frequency response:* 16Hz - 20kHz | *Drivers:* 40mm | *Driver type:* Dynamic | *Sensitivity:* 100 dB SPL @ 1kHz/1mW | *Impedance:* 32 ohms | *Battery life:* 20-30 hours | *Wireless range:* 30ft (10m) | *NFC:* No



Philips Fidelio NC1

Phillips has been a mainstay in the headphones market now for ages and they bring all their expertise to the fore with their latest ANC offering. The NC1 has a very executive look and they are incredibly comfortable. Although they don't offer a wireless option, the price point makes up for that. With rock-solid noise-canceling, and fantastic warm sound reproduction, excellent battery life, you get a lot of bang your buck and the NC1 is a great alternative for any audiophile out there.

Acoustic design: Closed | *Cable length:* 3.9 feet | *Frequency response:* 7-25,000Hz | *Drivers:* Two 1.5" Neodymium drivers | *Driver type:* Dynamic | *Sensitivity:* 107 dB | *Impedance:* 16 ohm | *Battery life:* 25+ hours | *Wireless range:* N/A | *NFC:* No



Microsoft Surface Headphones

Although relatively new to the premium headphone game, Microsoft impresses with the Surface headphones. The sound quality is fantastic with stunningly warm and generous bass frequencies. The noise-canceling, although generally good throughout, can seem to struggle a bit in extremely noisy environments but it still does a great job overall. The design is unique and might be more appealing than the other offerings if you're looking for a unique look to your headphone choices. The biggest issue might be the price point as the Surface headphones come in more expensive than Sony and Bose, yet if you're a frequent Microsoft user, then these cans will be a smart choice.

Acoustic design: Closed | *Cable length:* 3.94 ft | *Frequency response:* 20Hz to 20kHz | *Drivers:* 40mm Free Edge Driver | *Driver type:* Free Edge | *Sensitivity:* 115 dB | *Battery life:* 15 hours | *Wireless range:* N/A | *NFC:* Yes

Chow Down!

Cooking is awesome! It doesn't sound like the typical man thing to say, but food offers a lot of taste and flavor experiences, plus, there's an added bonus to mastering your culinary skill. What is it you ask? That's easy, many women like a man that can cook, yup! And for us, that's reason enough!



EXOTIC TOMATO CHICKPEA PASTA SALAD

Prep time: 10min

Baking time: 6min for the pasta

Servings: 1 large salad

Ingredients

- 1 packet of chickpea pasta (8oz)
- 5oz baby spinach wilted and cut into small pieces
- 20oz exotic small tomatoes cut in halves
- 8 whole sprigs of red salad onion chopped up into small pieces (leaves included)
- 4oz sundried tomato (preference for olive oil vinaigrette)
- 1/2oz (1 handful) of freshly chopped parsley
- 1oz of wild rocket

For the sauce

- 1 heaped tsp fresh garlic
- 2 tsp Oryx desert salt
- 1 tsp ground black pepper
- 5 tbsp olive oil
- 2 tbsp honey
- 1oz of wild rocket
- 3 tbsp sesame seeds
- 2oz of almond sprinkles or flakes
- Garnish with micro herbs and ground black pepper

Instructions

Cook the pasta first. In a large mixing bowl, wilt the spinach by pouring hot water over it and set aside for 5-10min.

Chop the red salad onion and sundried tomato into small pieces. Cut the tomatoes in halves. Drain the water from the spinach - it needs to be drained properly otherwise it makes the salad soggy. Add the onion, tomatoes, sundried tomato, rocket and parsley to the spinach.

Mix the sauce in a separate small bowl, mix well till honey is dissolved before pouring over the tomatoes and spinach mixture. Add the pasta and almond sprinkles and mix well.

Garnish with micro herbs, place in fridge and enjoy when needed (best after 2 days).



Recipes

OVEN ROAST STUFFED BUTTERNUT WITH WALNUT AND CRANBERRIES

Prep time: 45min
Baking time: 10min
Servings: 4

Ingredients

- 1 large or 2 medium butternuts cut in half and baked in oven for 45min
- 1 tsp olive oil
- 1 large red salad onion diced
- 2oz carrots chopped into small pieces
- 2oz celery chopped into small pieces
- 8oz of cooked brown basmati rice
- 1 handful of freshly chopped thyme
- 1 tsp sage
- 1 tsp onion powder
- 3oz cranberries
- 3oz walnuts
- 2 tbsp olive oil
- 2 tbsp honey
- 2 tbsp balsamic vinegar
- 3 tsp salt
- 1 tsp ground black pepper

Instructions

Preheat oven to 390F. Cut butternuts in half, and remove the pips, place on a baking tray and bake for 45min.

Allow to cool off slightly, and remove some of the butternut to create more space for the stuffing. Do not throw the excess butternut away. In a pan, fry the diced onion, celery and carrots till cooked.

Add the rice, butternut that was removed from the halves, cranberries, walnuts and the rest of the ingredients to the pan and mix well. Scoop into the butternut halves and bake for another 10min, garnish with fresh herbs and serve warm.



CHOCOLATE DESSERT HUMMUS WITH CARAMELIZED RICE CAKES AND FRUIT

Prep time: 10min
Making time: 10min
Servings: 1 large dip

Ingredients

For the chocolate dessert hummus

- 2 cans chickpeas
- 2 tbsp olive oil
- 1 tsp salt
- 2 tbsp caramel essence
- 2 heaped tbsp cacao
- 5 tbsp honey
- 2 heaped tbsp almond butter
- 1/2 cup of unsweetened almond milk

For the caramelised rice cakes (2 rice cakes)

- 1 tsp olive oil
- 1 tsp honey
- Pinch of salt
- 1 tsp caramel essence
- 2 rice cakes

Serve with berry fruits of choice, banana and roasted nuts

Instructions

Drain the chickpeas and rinse well. Place in a blender and process till fine. Add the rest of the ingredients to the blender as well and blend till mousse-like texture. Pour into desired serving bowl and refrigerate till set.

Heat up a medium-size frying pan with a teaspoon of olive oil. Place the rice cakes in the pan, drizzle with honey and caramel essence, and sprinkle with a pinch of salt. Turn around and repeat the process. Allow the honey to caramelize on both sides and fry till golden brown. The rice cakes should be slightly chewy. Allow to cool off and serve with hummus and fresh fruits and nuts of your choice.



Bottom's Up!

There's nothing quite like a stiff drink to get the party started or calm the nerves but what about that leisurely nightcap, you know, something to help you drift off into a peaceful slumber? We decided we'd put together a great mix that'll feel stately and bring an awesome end to a productive day.

The focus is on flavor and a classic taste, something strong, with a little bit of sweet, maybe a premium whiskey and chocolate?

Try the O'Sherry cocktail; made up of Tullamore DEW, sweet vermouth, sherry wine and chocolate bitters. Sounds delicious, doesn't it? It is; the rich character of this combination simultaneously tames and complements the boldness creating a cocktail with spice and vanilla sherry cask notes you're sure to enjoy!

O'SHERRY

- 2oz Tullamore DEW Original Whiskey
- 1/2oz Sweet Vermouth
- 1/4oz Pedro Ximenez Sherry
- 2 dashes of chocolate bitters

Add all the ingredients to a mixing glass, fill with ice and stir until chilled. Strain into a coupe glass, express lemon oils and garnish with raisins and mint.

– Go traditional –

Want something less complicated and more traditional? Easy, simply mix some Tully with coffee (decaffeinated) and presto, you've got an Irish Coffee.

Speaking of drinks, nightcaps only happen once, if you're looking to sip something tasty during the day then try Tullamore neat, on the rocks or served long with ginger beer, fresh lime juice and a dash of bitters.



Worldmags

Shawna Lee



Meet the gorgeous and talented Shawna Lee, the girl whose smile can light up a room with a natural beauty that's complemented by her sincere attitude towards life and achieving her goals. Shawna is more than just a beautiful face, she's sweet, grounded and down to earth all while still finding the time to enjoy her life to the fullest. Shawna loves traveling the world and experiencing all the good things it has to offer which is proof that with the right outlook and aspirations every girl can truly make all her dreams come true!

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Arthur St. John
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HAIR & MAKE-UP:
Taylor Jazz Martinez
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SPECIAL THANKS:
Bily Ligerent





So, Shawna, could you tell our readers a little bit about yourself, where you're originally from and what started your journey into modeling?

I was born in Tennessee and moved to Alabama at the age of 17. I now reside in Las Vegas. I started modeling to overcome my shyness and to become more outgoing.

Being in front of a camera is daunting for most people, does it come naturally to you?
Definitely not! Practice makes perfect.

Aside from looking good for the camera, what are some of your other interests and hobbies that you really enjoy doing?
I love traveling. I have been to 21 countries and I can't wait to visit more in the future.

What is your greatest strength as a model?
Livening up the atmosphere and helping new models take the right steps to further their careers.

Did you have a role model growing up and did that help you in your modeling career?
Not any one person, but women that have made their dreams come true.

It's awesome to have you on our September cover. Besides shooting for FHM what other exciting projects are you working on at the moment?
Move in silence and shock them with your success.





Your Instagram is packed with exotic pictures of you on the beach or out in nature, could you tell us a few of your most favorite destinations you’ve got to visit over the years?

Bali is my favorite destination. I’ve been there 3 times and still feel as though I have barely scratched the surface of what it has to offer.

Speaking of Instagram, you’ve got close to half a million followers. Are the guys that creep into your DMs mostly gentleman or complete weirdos?

For the most part, my fans are awesome. I’ve heard horror stories from my fellow model friends of what their dms look like.

On that topic, do you have any advice for the guys out there trying to get their crushes attention?

DO NOT start with a D!*k pic.

It’s a typical guy question, but would you ever go on a date to a sports event and if so, what type of sports are you into and who are some of your favorite teams or players?

I’m not a huge sports fan, but I went to the super bowl this year with my fiancé. It was my first major sports event and I had an amazing time. I would definitely consider going to more sports-related events.

If you could spend an evening with any person in the world, over dinner, who would it be and why?

My Dad... he passed away last year and I would give anything to be able to have dinner with him just one more time!

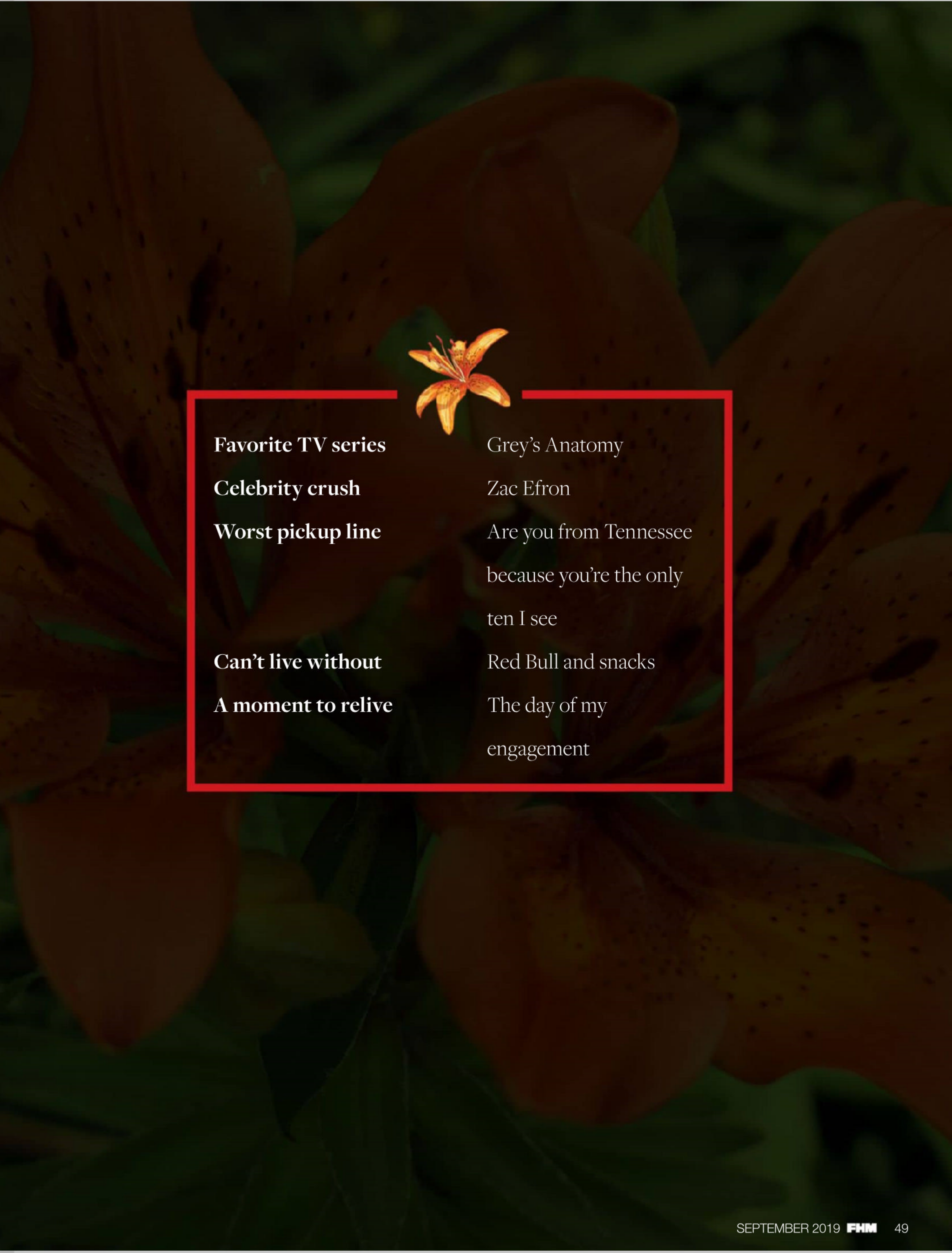


**“Move in
silence and
shock them
with your
success”**





For all the latest news and event updates be sure to follow Shawna's glamorous adventures on Instagram @mzlee702



Favorite TV series	Grey's Anatomy
Celebrity crush	Zac Efron
Worst pickup line	Are you from Tennessee because you're the only ten I see
Can't live without	Red Bull and snacks
A moment to relive	The day of my engagement



Lexus RC F

The sheep in wolf's clothing

The Japanese sportscar. Instead of flying all the way to Munich, wouldn't it have been easier for Toyota to peek over the wall at Lexus where the RC-F was being developed and tested?

As it turns out, the current Japanese sportscar comes in two distinct flavors with the RC F representing a cultured Gran Tourer movement to a segment that's deteriorated into an unwinnable power struggle between BMW and Mercedes.

Arguably, the RC F takes its place as Japan's muscle car. Under the microscope of the world's motoring press, Lexus maintains a squeaky clean image by

spreading milder hybrid systems across their SUVs than any other brand in SA. The RC F's 5.0 liter V8 is the antithesis, giving the Eco Pendulum a firm swing in the opposite direction to grab a few punchy headlines of its own. This is not a very new engine though. Many of us motoring scribes learned about its character in the IS F which at the time was up against normally aspirated M3s, RS 4s and C63s. Since then they've all made the switch to turbocharging, rather successfully we might add. Lexus has its back turned.

Noise might be a reason to own a normally aspirated V8 over the others and sure enough the RC F is mature

and barrel chested, but it doesn't bark or rattle the tops of the suspension mounts when you kick a big toe at the accelerator while waiting for the lights to change. Closer to the effect of wheezing tremors that build and rumble to towering tidal waves rather than the ubiquitous pop and crackle songs that start from just above idle. Torque is without exception the shove in the backside you miss. Fortunately, it gets tastier as you unpack the rev range – the first couple cogs not alerting the traction control – and road permitting its pulse quickens, swooping you up in a disarming chorus of acceleration without the

face rearranging. In any situation it's possible to lead foot the accelerator with zero regard for what carnage might occur at the rear tires. That's reassuring, as the RC F carries onwards as if corners are nothing more than scheduled appointments one after the other. All safe. Sanguine. A purveyor of peace.

We drove the cars at the coast where figures of 0-60mph in 4.3 seconds were always likely to flatter. That makes the RC F Lexus's fastest car on sale but it's nearer the performance of a C 43 AMG or BMW 440i than the fully ripened versions.



“THAT’S REASSURING, AS THE RC F CARRIES ONWARDS AS IF CORNERS ARE NOTHING MORE THAN SCHEDULED APPOINTMENTS”

Surely that’s enough, you ask sagely. You may have a point, especially since we’re forever moaning how unusable cars have become, or the compromises they need to endure in areas like comfort just to set these superfluous Nurburgring records. The RC F then seems to tick a lot of sense in that 6/10ths area where it’ll be mostly driven by most drivers. Push it harder and things start to unravel as its performance credentials come under practical examination.

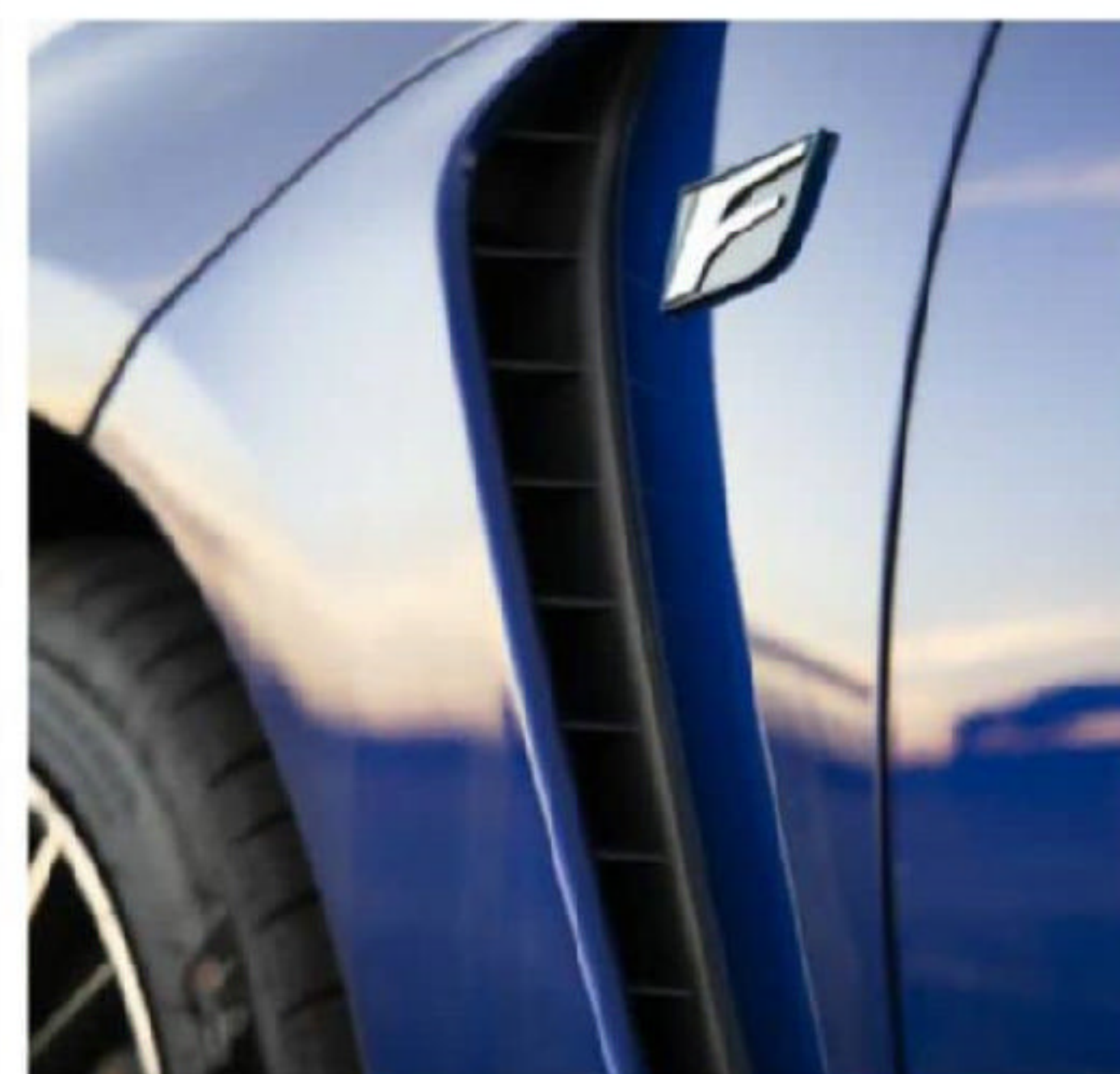
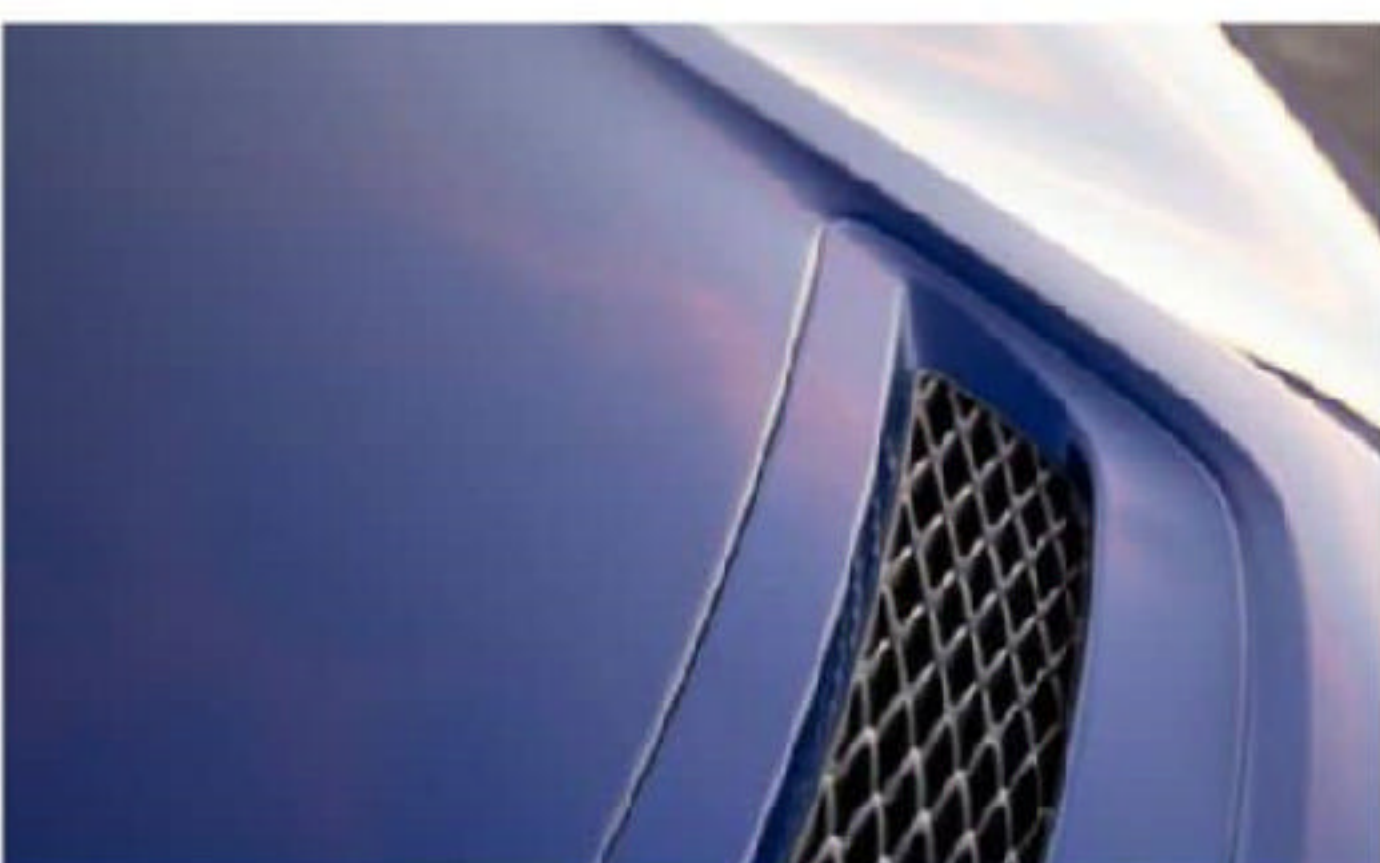
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...Hence the Track Edition?

Despite the flamboyant visual upgrades, the Track Edition doesn’t nail the RC-F’s inherent jiggle onto a stiffer piece of cardboard, dons carbon bonnet and is slowed down by carbon-ceramic stoppers. That carbon fiber, to its credit, placed where its effects are greatest – the roof, bonnet and boot – but if you really want to build a BMW M4 GTS competitor the rear seats need to go. They’re quite impractical for humans as it is. Track rubber would be another minimal requirement.

You find the car extra skittish when the Track’s damper setting is enabled, making it about as jumpy to control at speed as the car’s infotainment scratchpad. I don’t know who calibrated this wrecking ball of a suspension setting but if it’s too firm around a racetrack, I grimace at the thought of these 20-inch wheels slamming the entry of a stormwater drain. So with that one element in the Track’s cachet turning out to be a minus rather than a plus the difference between the two cars is not as day and night as we’d hoped, certainly not when there’s a considerable price difference.



Style Guide

September is one of our favorite months for menswear. With cool mornings and warm afternoons, light layering is key. We love throwing on a light blazer or sweater with a button-down and denim is always a great look. *By Noah Williams*

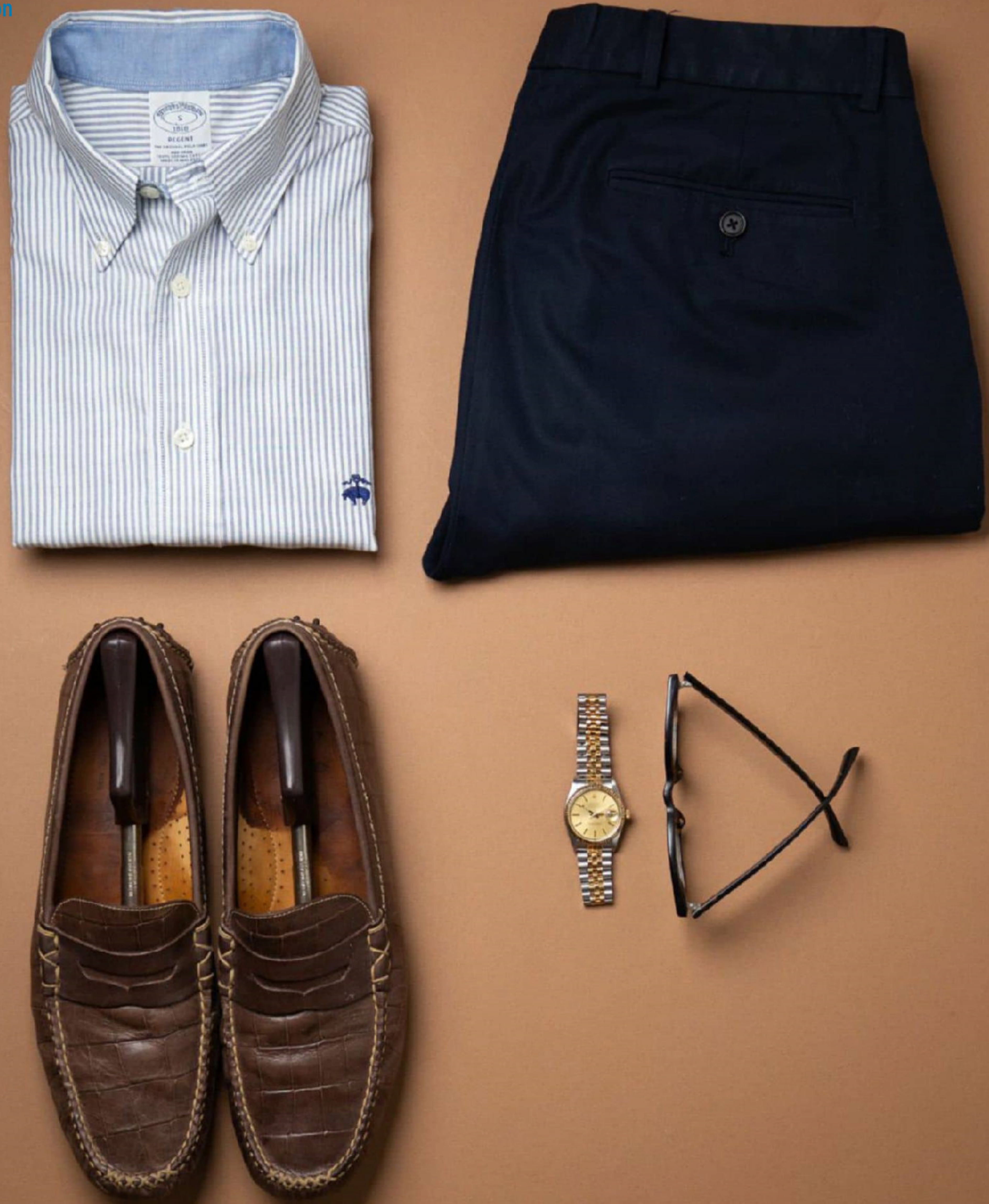


LEFT

Enzo Custom Made-to-Measure Suit and shirt, Johnston & Murphy Loafers, Ralph Lauren Glasses.

ABOVE

Brooks Brothers shirt, J. Lindeburg Blazer, Joes Jeans, Vintage Rolex Datejust, Christopher Cloos Sunglasses



ABOVE

Brooks Brothers Shirt, Club Monaco Pants, Martin Dingman Shoes, Rolex Datejust, Warby Parker Glasses.

RIGHT

Jaeger-LeCoultre Reverso Travel Time





LEFT

Panerai Luminor Submersible available at Windsor Jewelers

ABOVE

Jachs New York Knit Sweater, Golden Goose Deluxe Brand Sneakers, Monta Atlas Watch



ABOVE

Grayers T-Shirt, Jachs New York Chinos, Vans Sneakers, Panerai Luminor Submersible (Available at Windsor Jewelers), Christopher Cloos Sunglasses, Dolce & Gabbana Cologne.

RIGHT

Santos de Cartier Watch



Damn Dapper!

Looking and feeling good every day is about more than just the clothes we put on. It's about self-love, the attitude, and of course how we look after ourselves. Here, we share some fantastic products that'll up your grooming game tenfold!

SKIN

Vichy Mineral 89

The first step in any skincare routine should be a good moisturizer. Enter Vichy's Mineral 89 which is a fortifying and plumping daily booster. It's suitable for all skin types and with regular use it leaves your skin feeling more toned, plumped and hydrated. Over time Mineral 89 helps make your skin more resistant to external aggressors like pollution, stress and fatigue.



STYLING

Moroccanoil Molding Cream

Enriched with Argan oil the molding cream is an essential nourishing styling tool. Infused with thickening fibers this workable cream allows for texture to be built into the hair and can be used for multiple styles. Expect a long lasting and semi-matte finish.



HAIR

Moroccanoil Hydrating Shampoo

The Moroccanoil hydration range is a must for male hair care. Infused with Argan oil the hydrating shampoo and conditioner will ensure that your hair looks and feels healthy and has added smoothness and shine. To add more body and further enhance to the strength and look of your hair be sure to follow every wash with the Moroccanoil Hydrating Conditioner and you're good to go.

SCENT

Barfly by Scotch & Soda

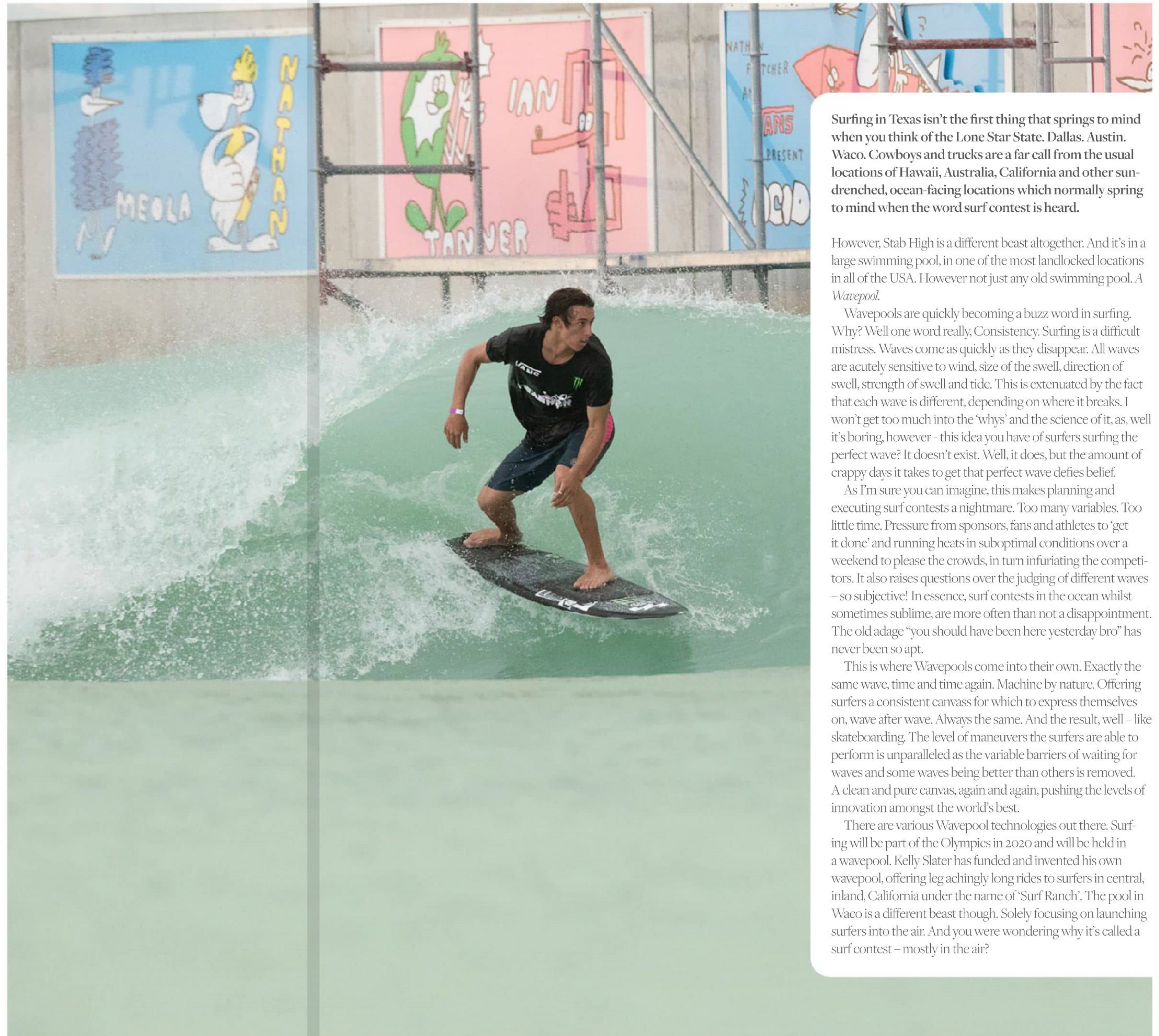
Girls love the smell of a man, so try something new like Barfly by Scotch & Soda. It's a signature fragrance featuring fresh top notes of citrus-herb, middle notes of lavender and jasmine, and notes of sandalwood, musk and Madagascar vanilla. Much like you'd wear certain clothes for an outing or occasion, Barfly is perfect for both casual and upmarket settings. It's a scent with its own character and it's the perfect day-to-day smell-good staple.



STAB HIGH

A surf contest,
mostly in the air.
In a pool.
In Texas!?





Surfing in Texas isn't the first thing that springs to mind when you think of the Lone Star State. Dallas. Austin. Waco. Cowboys and trucks are a far call from the usual locations of Hawaii, Australia, California and other sun-drenched, ocean-facing locations which normally spring to mind when the word surf contest is heard.

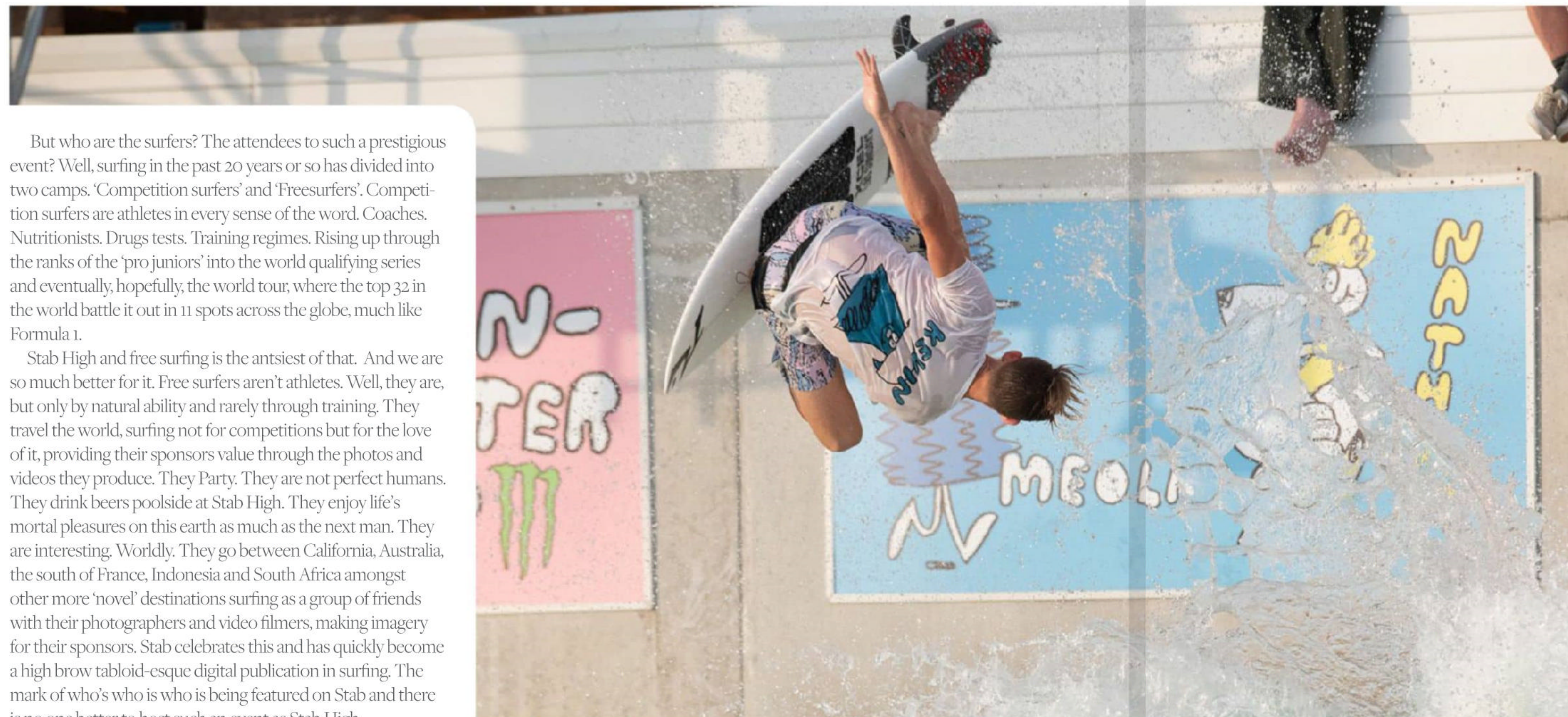
However, Stab High is a different beast altogether. And it's in a large swimming pool, in one of the most landlocked locations in all of the USA. However not just any old swimming pool. A *Wavepool*.

Wavepools are quickly becoming a buzz word in surfing. Why? Well one word really, Consistency. Surfing is a difficult mistress. Waves come as quickly as they disappear. All waves are acutely sensitive to wind, size of the swell, direction of swell, strength of swell and tide. This is extenuated by the fact that each wave is different, depending on where it breaks. I won't get too much into the 'whys' and the science of it, as, well it's boring, however - this idea you have of surfers surfing the perfect wave? It doesn't exist. Well, it does, but the amount of crappy days it takes to get that perfect wave defies belief.

As I'm sure you can imagine, this makes planning and executing surf contests a nightmare. Too many variables. Too little time. Pressure from sponsors, fans and athletes to 'get it done' and running heats in suboptimal conditions over a weekend to please the crowds, in turn infuriating the competitors. It also raises questions over the judging of different waves - so subjective! In essence, surf contests in the ocean whilst sometimes sublime, are more often than not a disappointment. The old adage "you should have been here yesterday bro" has never been so apt.

This is where Wavepools come into their own. Exactly the same wave, time and time again. Machine by nature. Offering surfers a consistent canvass for which to express themselves on, wave after wave. Always the same. And the result, well - like skateboarding. The level of maneuvers the surfers are able to perform is unparalleled as the variable barriers of waiting for waves and some waves being better than others is removed. A clean and pure canvas, again and again, pushing the levels of innovation amongst the world's best.

There are various Wavepool technologies out there. Surfing will be part of the Olympics in 2020 and will be held in a wavepool. Kelly Slater has funded and invented his own wavepool, offering leg achingly long rides to surfers in central, inland, California under the name of 'Surf Ranch'. The pool in Waco is a different beast though. Solely focusing on launching surfers into the air. And you were wondering why it's called a surf contest - mostly in the air?



But who are the surfers? The attendees to such a prestigious event? Well, surfing in the past 20 years or so has divided into two camps. 'Competition surfers' and 'Freesurfers'. Competition surfers are athletes in every sense of the word. Coaches. Nutritionists. Drugs tests. Training regimes. Rising up through the ranks of the 'pro juniors' into the world qualifying series and eventually, hopefully, the world tour, where the top 32 in the world battle it out in 11 spots across the globe, much like Formula 1.

Stab High and free surfing is the antsiest of that. And we are so much better for it. Free surfers aren't athletes. Well, they are, but only by natural ability and rarely through training. They travel the world, surfing not for competitions but for the love of it, providing their sponsors value through the photos and videos they produce. They Party. They are not perfect humans. They drink beers poolside at Stab High. They enjoy life's mortal pleasures on this earth as much as the next man. They are interesting. Worldly. They go between California, Australia, the south of France, Indonesia and South Africa amongst other more 'novel' destinations surfing as a group of friends with their photographers and video filmmakers, making imagery for their sponsors. Stab celebrates this and has quickly become a high brow tabloid-esque digital publication in surfing. The mark of who's who is who is being featured on Stab and there is no one better to host such an event as Stab High.

Freesurfers don't conform to the usual remit of competition surfing, surfing to match judging criteria. Instead, they are focused on 'airs.' This involves racing down the wave, and boosting from it, ideally landing clean back onto the wave to get air like a skateboarder. The bigger the better. The more spins the better. Technical grabs and strung out straight airs are highly regarded. The more dangerous, the better. Ankles, knees and boards are destroyed in the 'flats' - the flat part of water before the breaking wave. Much like overshooting a kicker snowboarding, landing an air in the flats is to be avoided, the ideal is to land in the soft and fluffy whitewater, riding out cleanly. However even more crucial than the landing is the 'ramp,' the breaking part of the crest of the wave - providing the surfer a ramp to launch off. The steeper the better, and the Stab High wave pool provides the perfect ramp.

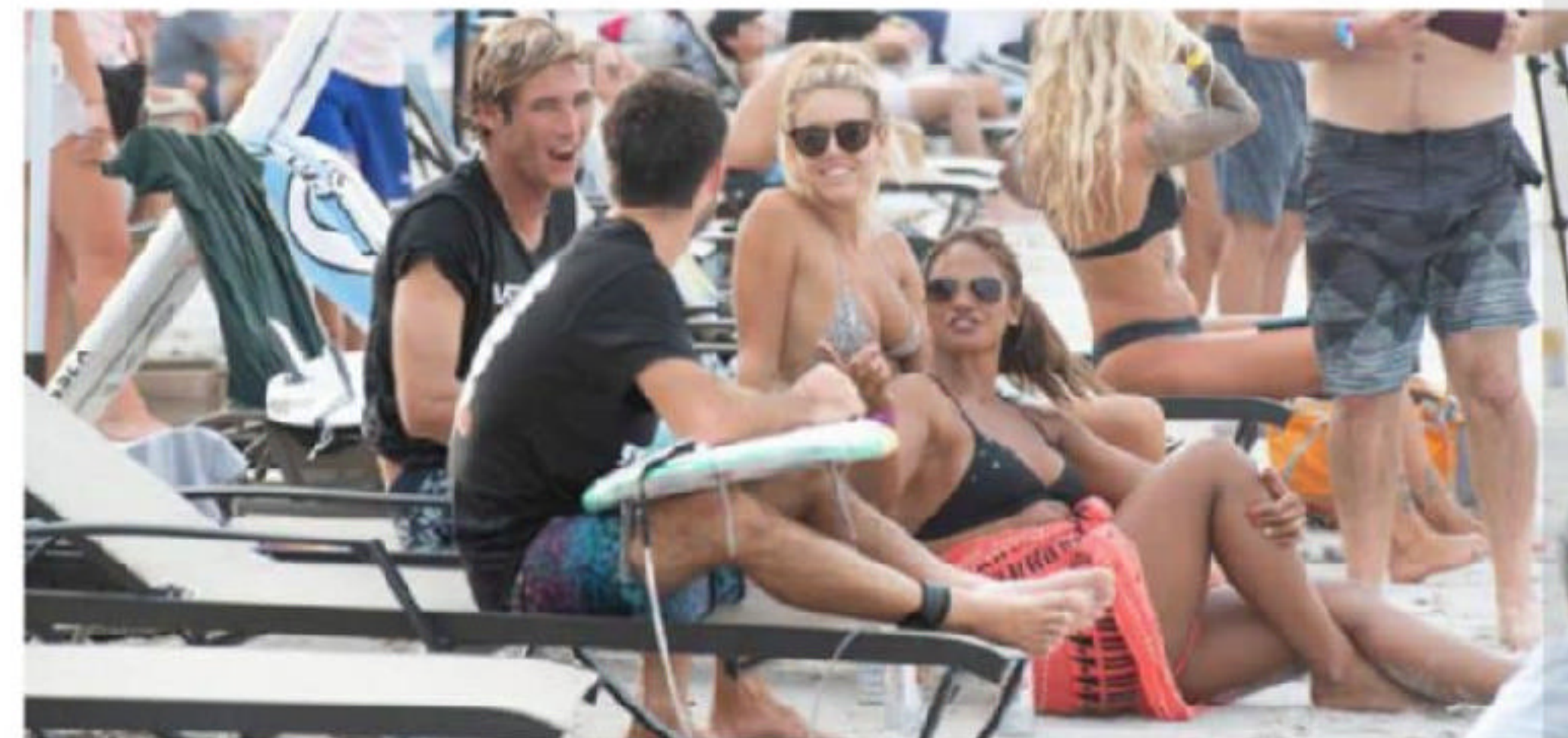
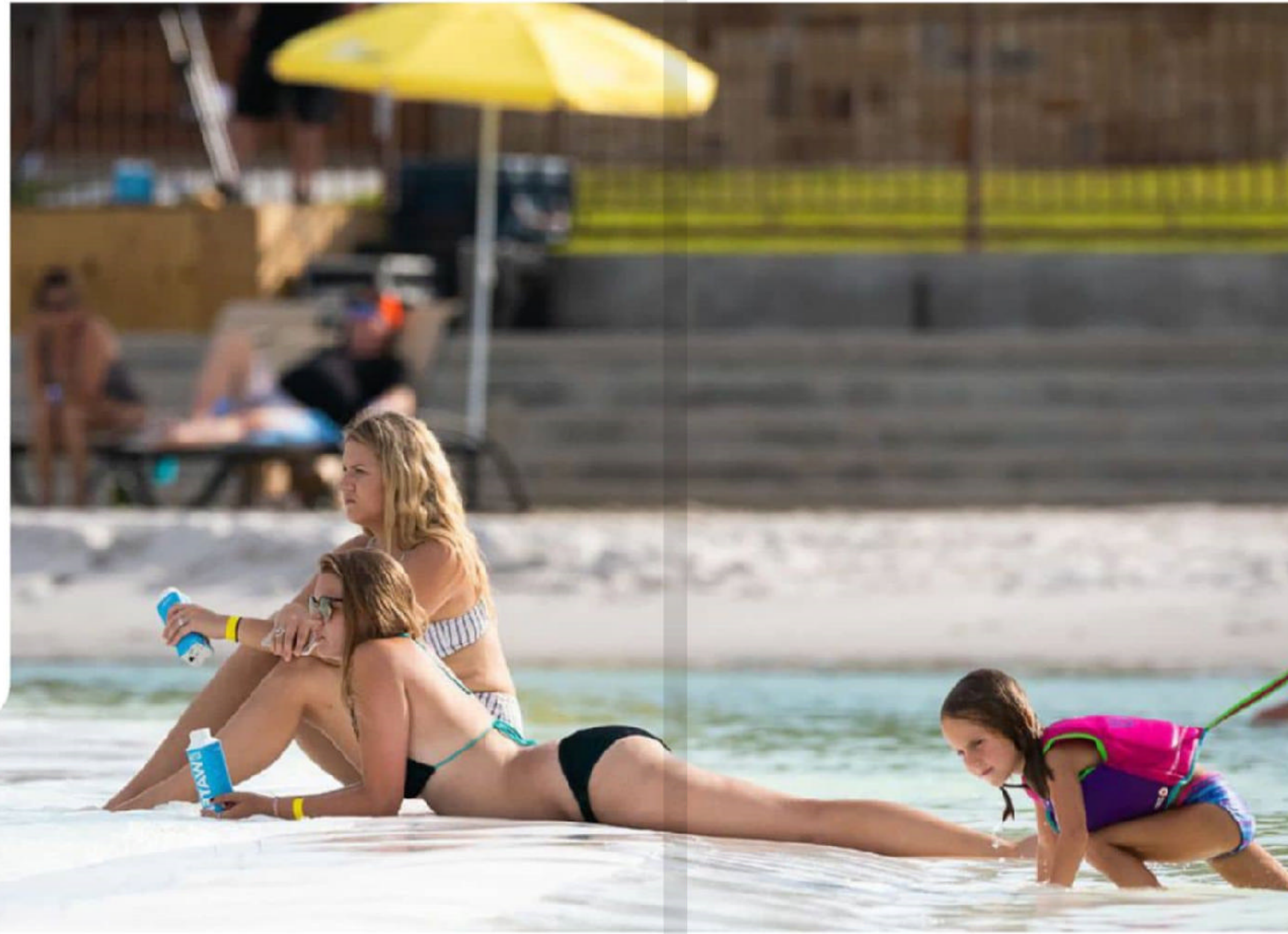
The life of a freesurfer, in essence - a dreamy existence, made all the more entertaining by the characters in it. Free from the shackles of competition surfing, and with image riding hand in hand with ability. A collection of very different people from all corners of the globe, united by their love of surfing and their attitude to it - both in and out of the water. And when you gather the handpicked invitee list of 16 of them in good old Texas, miles away from the nearest ocean but at a water-based amusement park with an abundance of alcohol, sparks were always going to fly...



And as for the pool itself? Well, the BSR cable resort is the quintessential American water park. There are slides. There is a lazy river. Welcoming Texans sip their beers from coolers whilst meandering down the aforementioned lazy river sipping beers. Watching the surfers rip in equal parts benign acknowledgment and bewilderment. There is a shallow end of the wave pool, where spectators frolic, drinks in hand from the well-stocked pool bar or munching on food from one of the numerous food trucks. Rubbing shoulders with their idols. With spectators from all corners of the US, and indeed the world. Fee-paying fans and industry insiders mingling and having a darn good time under the Texas summer sun.

Stab High is a one-day event but the event, in essence, starts with the warm-

up on the day before, the Friday. Vital time in the pool to warm up those limbs and practice those spins. Surfers arrive in the morning and take pleasure in the leisurely setup. Usually, surfing requires aggressively early starts before the wind blows. However, the beauty of the pool is that this isn't required. Surfers warm-up, and Monster rider Jett Schilling rides out a legitimate backflip cleanly, from the Freak Peak - one of the first in the world and sets the bar pretty high for the event. The viewing platforms are crowded with the World's best. Cheering each other on, the atmosphere is about as far removed from a contest as you can imagine. Indeed, Noah Deane won last year's event "About 6 beers in." It's more of a festival than a contest in the true sense of the word. There's an art show. There is live



music. The after and pre-parties are a wild affair...

But firstly, a word on format. So each surfer gets the chance to surf a 'left' and a 'right.' This is the direction of travel on the wave, offering the surfers a chance to surf front-side and backhand, the foot positioning each surfer has on a board - 'Goofy' (right foot forward) or 'regular' (left foot forward). The scores are then compiled, either advancing or eliminating surfers into their heats towards the final. However, the good folk at Stab had a few surprises up their sleeves in addition to the main event. Notably, the inclusion of the 'freak peak', a veritable launch ramp of two waves crashing into each other, with the best air netting \$20k being a lively addition. To gauge the ferocity of this peak we'll leave you to check the photos but let me assure you it is one mutant of a wave, a peculiar wedge designed to send the incoming surfer as high as possible. It might not resemble any normal wave out there in the real (salt-water) world, but it's a fun man-made novelty nonetheless.

This year also saw the return of the Vans Acid Drop hosted by surf legend and aerial surfing founder Nathan Fletcher, in which

surfers attempt to jump from the top of the Wavepool's 12-foot concrete wall straight onto a wave. Since no one has ridden away from this atmospheric plunge in the Wavepool's brief history, this year saw an inclusion of a series of raised tiers along the wall that surfers must complete, in ascending order, before they can attempt the mega drop... "That was f#cking heavy!" said Harry Bryant, after coming inches from an Acid Drop completion last year. "I nearly buckled my board!"

So without further ado. The day itself. Much like the warm-up day, a leisurely timetable of 3pm till sunset was penned, leaving the guys and gals time to wash off those pre-event hangovers. This year's edition also included the Stab High Ladybirds division - an invitational aerial competition for 15-and-under females. In the end, coming down to a surf-off between Sierra Kerr and Sky Brown, it was Kerr sealing the deal with a monster slob air that garnered a 40-point score from the judges (equivalent to 8s across the board) - the highest wave score of the day. Brown also landed her Frontside Ollie in the surf-off, but it wasn't enough to eclipse Ms. Kerr. No sore losers, though - it was all hugs, smiles and ice



cream in the shallow end of the pool.

One of our favorite looks was Nathan Fletcher's acid drop event, during which the boys were absolutely giddy with comments like, "What the f#ck is this?! Who's going first?!" Obviously, once a few took the plunge, limits were out the window with moments like Noa Deane removing parts of the scaffolding for better launch access and Harry Bryant completely obliterating his board from an upper deck send. At the end of it, the surfers all wanted more, seemingly not giving a shit there was still \$25,000 up for grabs in the main comp.

In frustration, Noa jumped off the scaffolding with Dylan Grave's buckled board, athletically aligned his ass mid-deck, and snapped it clean in two. Sincerely, Bravo. With the contest back in tow, stakes came into focus as the remaining competitors went to freaking town on the coveted Waco ramp. Some of our favorites were Crane's signature backside stalefish thing, Eithan's weightless backside straight air; and, of course, Sir Chippa Wilson's glorious rotations of the forehand. And with a light offshore wind afoot, the left was looking especially buttery. However, the source of the windshift was no innocent, evening temperature change that we see along our coastlines. Nope, this is humid-as-f#ck Texas. Said winds were the predecessor to a black wall of low pressure steamrolling straight towards the contest area.

I showed a neighboring lensman the radar forecast from my phone (myRadar — a delightful app), which had him hurriedly climbing off the scaffolding to protect his precious gear. Apparently having a shitty camera can sometimes work out in one's favor, especially as the sickest waves of the finals are pushing through. We'll take it!

The arena was literally and figuratively electric. Thunder, lightning in the distance, and four finalists in the water had everyone on the edge of their seats, which was due to the all-star showdown as much as the black mass about to engulf us all. Nevertheless, when it was announced Chippa had won, any worries of the storm were set aside as surfers and spectators alike hailed the man of ink and brawn. Chippa humbly accepted that strange, pink phone while everyone promptly resumed semi-crisis mode with brisk paces back to the sanctuary of the VIP area covered, second-floor patio. The Freak Peak event was canceled, thunder was enhancing the low frequencies of Lil Nas X's "Old Town Road," and lightning was doing its best impression of spider webs — welcome to summer storms in Texas. And what an environment to



celebrate a day of talent and progression from the world's best.

Oh – and as for the party? Like any good freesurfer, industry insider, fan or entourage eagerly anticipates. The afterparty. And this year's edition did not disappoint. Fueled by beer, wine and the all-important Texas BBQ. As the rain lashed down, the music raged, fireworks were wrestled out of surfers hands yet eventually found themselves being lit adding already more drama to the evening. Best summarised by an industry insider saying to an upcoming surfer.

"I want to blow shit up as much as

anyone here. I. F#cking. Love. Fireworks. But the sheriffs are coming..."

As we awoke the next morning, the Stab High hangovers taking shape, recollections of the after-party were certainly a little hazy. However, this year's Stab High was certainly one to remember, a refreshing take on the usual monotone of competitive surfing. The world's best sending it both in and out of the water in central Texas is a novelty within itself we can't help but be fond of. With an upcoming Stab High penned for Australia later this year, we'd advise watching this space...



Wanna catch some waves? We say, why the hell not!

Grab your sunscreen, shorts and board and check out these awesome venues across the great state of Texas

BSR Cable Park

5347 Old Mexia Rd, Waco TX

Open daily from 11am to 7pm BSR Cable Park is the perfect place to spend the day honing your surfing talents. There's something on offer for everyone at BSR and with beginners to intermediate and expert waves on offer you're sure to find a challenge to suit your skill level.

bsrcablepark.com

Little Cedar Bayou Wave Pool

600 Little Cedar Bayou Dr; La Porte, TX

Here's a great place to spend a day out in the sun with friends, family, or both. Little Cedar Bayou Wave Pool has a pool producing 4ft waves and also offers other fun activities like a recreational area with sand volleyball, tennis courts and concessions.

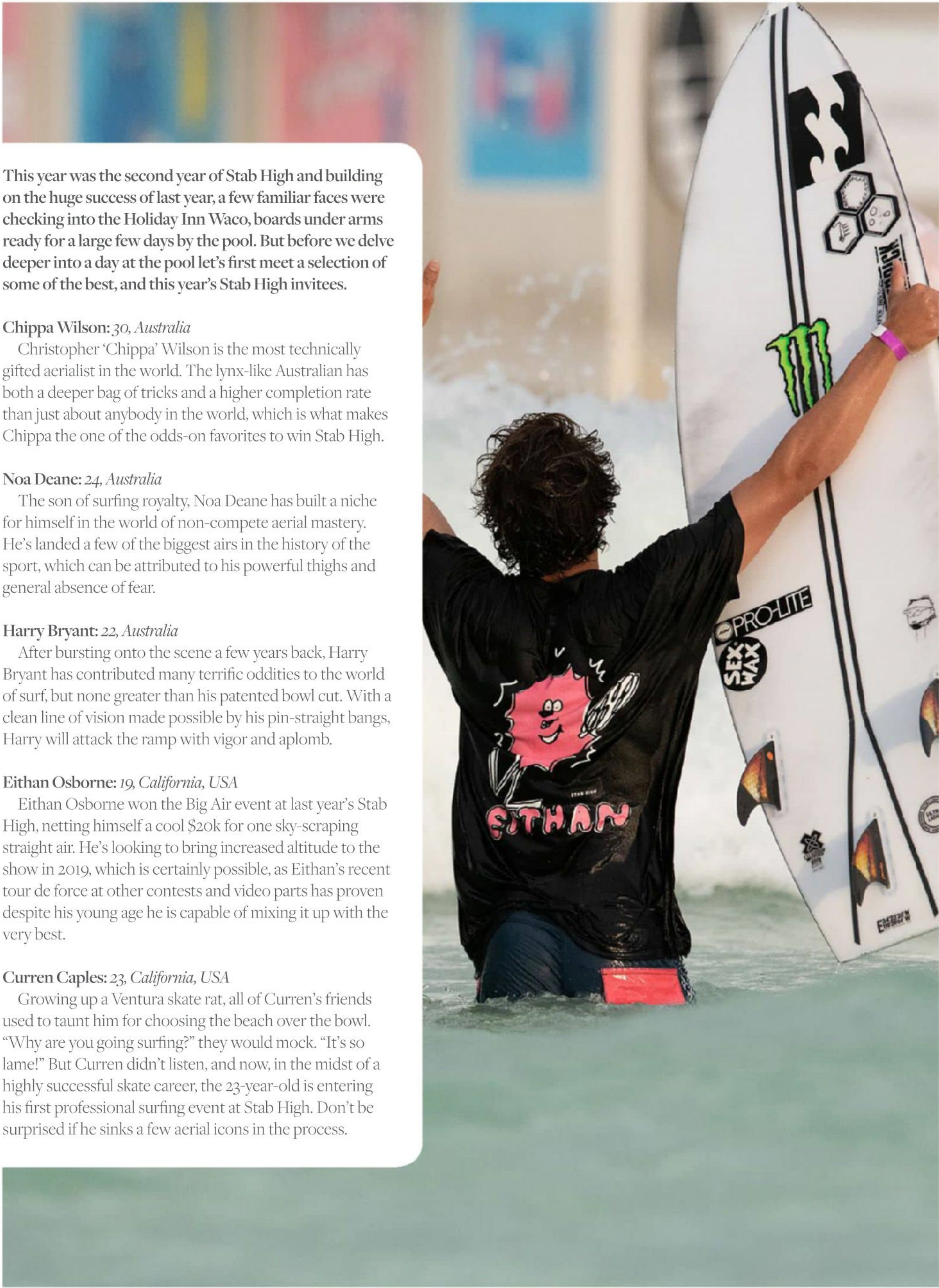
laportetx.gov

Seguin Aquatic Center

1 Wave Pool Dr, Seguin, TX

Located in Max Starcke Park East the Seguin Aquatic Center features a 15,000 square foot wave pool with a zero-depth beach type entry and a splash pool so the kids can tag along and join dad for an awesome day out.

seguintexas.gov



This year was the second year of Stab High and building on the huge success of last year, a few familiar faces were checking into the Holiday Inn Waco, boards under arms ready for a large few days by the pool. But before we delve deeper into a day at the pool let's first meet a selection of some of the best, and this year's Stab High invitees.

Chippa Wilson: 30, Australia

Christopher 'Chippa' Wilson is the most technically gifted aerialist in the world. The lynx-like Australian has both a deeper bag of tricks and a higher completion rate than just about anybody in the world, which is what makes Chippa the one of the odds-on favorites to win Stab High.

Noa Deane: 24, Australia

The son of surfing royalty, Noa Deane has built a niche for himself in the world of non-compete aerial mastery. He's landed a few of the biggest airs in the history of the sport, which can be attributed to his powerful thighs and general absence of fear.

Harry Bryant: 22, Australia

After bursting onto the scene a few years back, Harry Bryant has contributed many terrific oddities to the world of surf, but none greater than his patented bowl cut. With a clean line of vision made possible by his pin-straight bangs, Harry will attack the ramp with vigor and aplomb.

Eithan Osborne: 19, California, USA

Eithan Osborne won the Big Air event at last year's Stab High, netting himself a cool \$20k for one sky-scraping straight air. He's looking to bring increased altitude to the show in 2019, which is certainly possible, as Eithan's recent tour de force at other contests and video parts has proven despite his young age he is capable of mixing it up with the very best.

Curren Caples: 23, California, USA

Growing up a Ventura skate rat, all of Curren's friends used to taunt him for choosing the beach over the bowl. "Why are you going surfing?" they would mock. "It's so lame!" But Curren didn't listen, and now, in the midst of a highly successful skate career, the 23-year-old is entering his first professional surfing event at Stab High. Don't be surprised if he sinks a few aerial icons in the process.

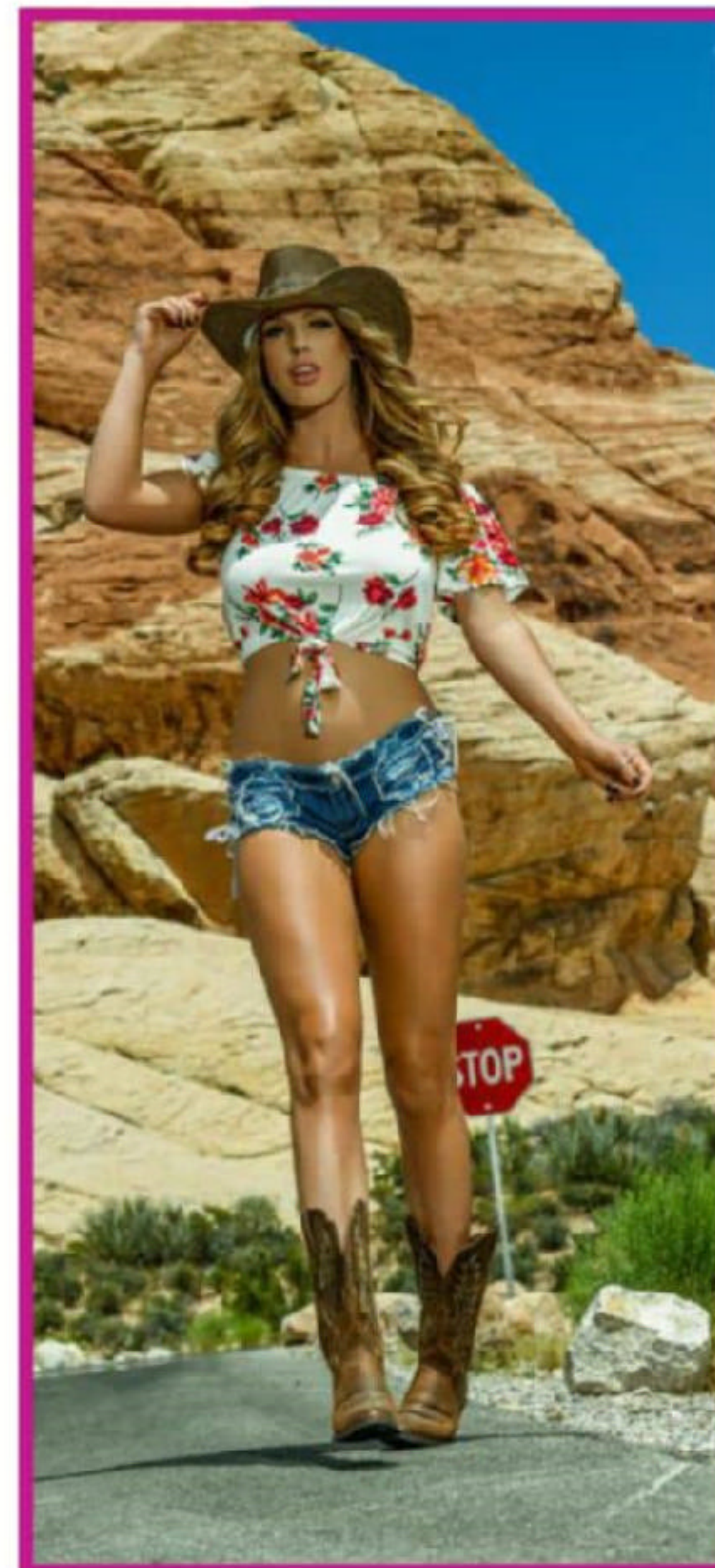
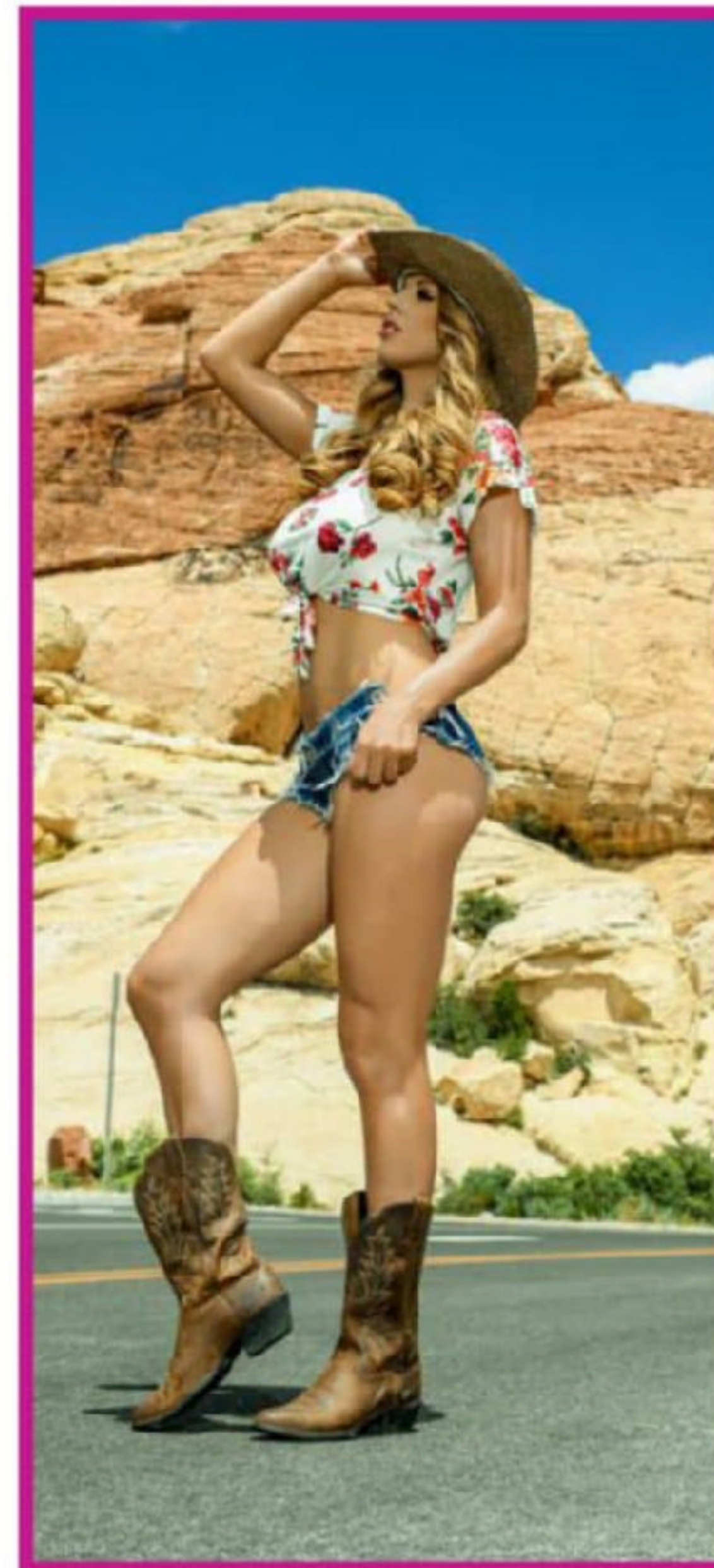
Jenny Marie

Perfect in every way

Photography by Luis Gomez | @universe137studios

The lovely Jenny Marie currently resides in sunny California. She lives up to her zodiac sign which is Leo, meaning she's a very kind-hearted and passionate person, but dominant and tremendously stubborn. Jenny is an introvert that would rather "Netflix & Chill" than dress up and party at a club.





BEING IN FHM

I'm so excited! Being published in FHM US has been one of my modeling dreams for years. Definitely a check off my bucket list.

DID YOU KNOW?

I've never colored my hair in my lifetime. Not even a single highlight or any chemical for that matter. My hair naturally changes color!

ME IN ONE SENTENCE

My style is tomboy with a twist of seduction.

HOBBIES ARE FUN!

Snowboarding is my favorite. I love being outdoors. I wish I had more hobbies, to be honest.

A BIG NO!

Bad hygiene, selfish, cocky, and ignorant men.

TURN-ONS

Men who are complete gentlemen. I love pretty eyes, beards, and tattoos.

MY PERFECT DATE

A day of snowboarding in the beautiful mountains; spending the night indoors by the fire, drinking wine and making love.


CHALLENGES OF MODELING

The biggest challenge is becoming known for your uniqueness to stand out from others.

A MESSAGE TO FANS

Thank you for all for your continued love and support throughout my modeling career.



A woman with blonde hair, wearing a straw cowboy hat, a white floral crop top, and denim shorts, is crouching on a large rock in a desert landscape. She is looking back over her shoulder at the camera. In the background, there are large, layered rock formations and a red octagonal stop sign on a road. The sky is clear and blue.

"The biggest challenge is becoming known for your uniqueness to stand out from others."



ALOHA HAWAII

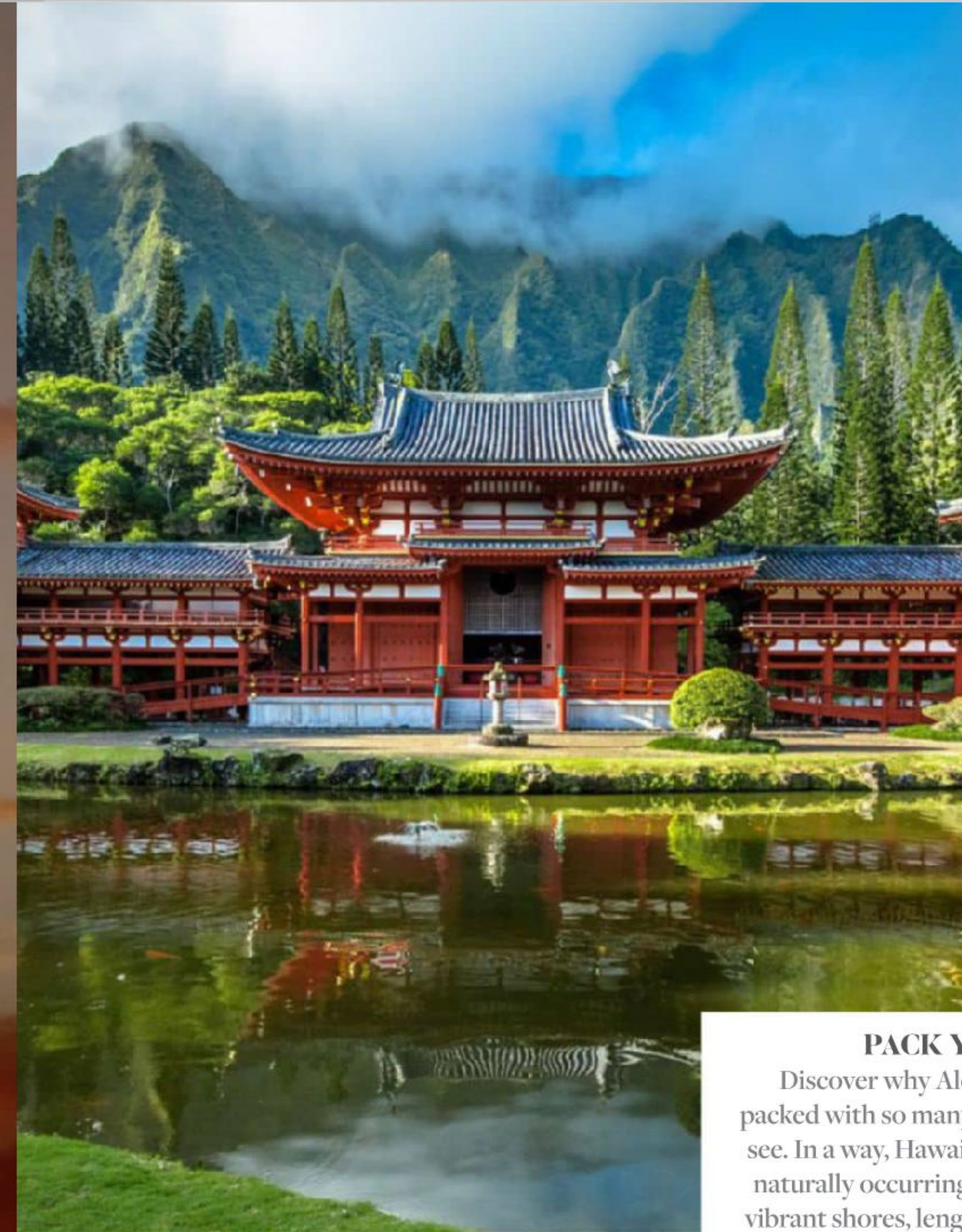
When you think of Hawaii you think of fun, sun maybe you in a floral shirt with a cocktail with an umbrella it yes? Chances are most people only visit the tropical paradise on holiday, or to experience the unique atmosphere of the islands. We often have that mental picture of people going to Hawaii on their honeymoon (first or second) or maybe to celebrate an anniversary since it's known to be a romantic and popular location particularly for couples, newlyweds and those commemorating decades of nuptials. There's no denying that Hawaii is a great place to relax and get away from the daily hustle and it's easy to picture yourself on a beach facing the ocean with your shades on and a pretty girl nearby isn't it? Imagine it, you with your lei flowers around your neck while you sit back on a recliner on the beachfront sipping something tasty and enjoying the splendid views of exotic and beautiful girls doing a hula dance on the beach at sunset. Fantastic!

“The hula dance is a dramatization of words from the oli or mele in a visual form.”

Aside from the cliché reasons to visit, Hawaii has so much more on offer. It's home to a fantastic variety of wild and marine life and its beaches with their breathtaking views attract millions of visitors to their shores each year. Hawaii is not just a truly beautiful and majestic place but it's also culturally rich and an eco-tourism hotspot so we decided to discover more of what this wonderful cluster of islands has to offer.

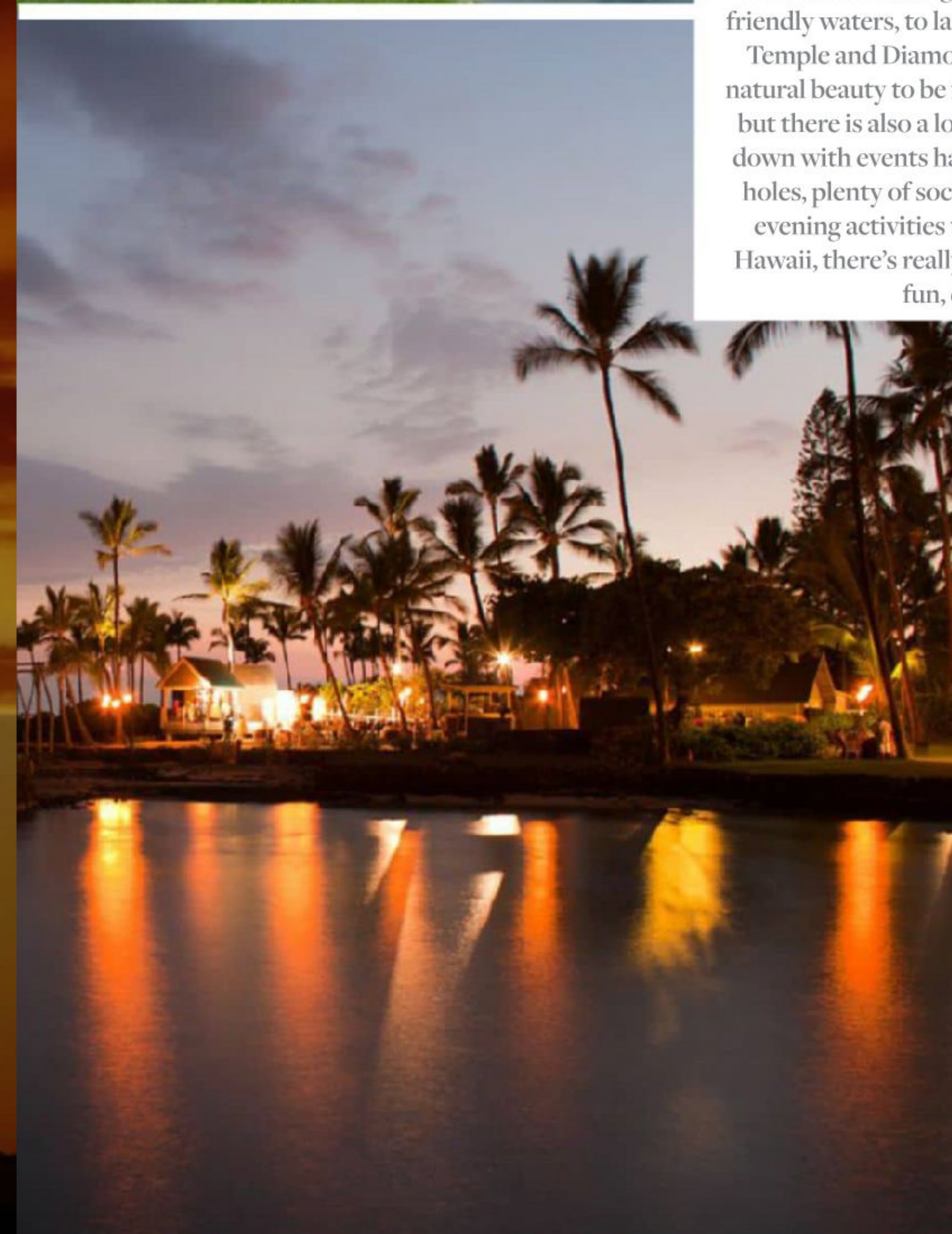
Hawaii is tropical, we get that, but it has some very unique aspects that when all things are considered, make it a pretty awesome and one-of-a-kind place. For instance, did you know that Hawaii has a royal palace, or that it's home to some of the world's most active volcanoes? Yup, Hawaii's Big Island, which is the common term used for the state of Hawaii, is growing by more than 42 acres each year because of the Kilauea Volcano which has been erupting for around 30 years. How's that for badass?

There's a lot to experience in Hawaii with its golden-warm sandy beaches which are complemented by a glimmering ocean that almost makes you feel at one with nature and the sea. Aside from all of Hawaii's natural beauty and splendor, the people of the islands convey a beauty and completeness of their own being almost like the spirit of the Islands - the heart of Hawaii. Islanders are inviting, friendly and eager to share their rich culture and history with visitors from all around the world. So why not visit “heaven on earth” and explore the natural splendor of the Islands of Aloha? It's definitely one for the bucket list!



PACK YOUR BAGS!

Discover why Aloha and its six islands are packed with so many exciting things to do and see. In a way, Hawaii has it all, from awesome naturally occurring sites like dramatic cliffs, vibrant shores, lengthy beaches, and dolphin-friendly waters, to landmarks like the Byodo-In Temple and Diamond Head. It's not just the natural beauty to be found all around the island but there is also a lot to do when the sun goes down with events happening at local watering holes, plenty of social gatherings and tons of evening activities to keep you occupied. In Hawaii, there's really no reason to stop having fun, ever - 24/7!



SET SAIL UNDERWATER

The marine wildlife is apparently as inviting and friendly as the people of Hawaii. It seems everything is better in Hawaii and it would be the experience of a lifetime to get to swim with turtles, dolphins and even manta rays. So next time you're there here are some must-do water tours.

TURTLE CANYON SNORKEL CRUISE BY CATAMARAN

Swim with the turtles when you visit Turtle Canyon on a power catamaran from Waikiki. Here, you'll enjoy panoramic views of the gorgeous islands as you cruise along the shores of Oahu. The mission is simple, to meet some turtles up close and personal.

You'll get to snorkel in warm waters frequented by Hawaii's Green Sea Turtles and other tropical fish! But that's not all. Keep an eye out for other marine wildlife nearby as the area along the cruise trip is frequented by dolphins and migrating whales. Back onboard the catamaran, you'll get to enjoy amazing views of Diamond Head accompanied by good people, cool music and refreshing drinks. The best part about the tour is that snorkeling instructions and equipment is included and if you don't see a turtle, you're given a complimentary return ticket. Talk about putting your money where your turtle is.

**MANTA RAY SNORKEL TRIP**

Swimming with dolphins is pretty cool, sharks, badass but to say you've been up close with a manta ray, now there's something not many people can say. This is the perfect opportunity to claim those bragging rights by swimming with, interacting and even feeding manta rays under neon lights.

Add to your underwater adventure stories the chapter of the time you kicked it with a manta ray. This is an experience that is sure to be memorable and something you'll be telling your friends about for the next few decades.

On this trip, you'll get to witness a breathtaking sunset over the horizon before heading off for a night snorkel where you'll get to see majestic manta rays gliding through the warm waters with highlights including submerging yourself in the manta rays natural environment and being guided by a knowledgeable expert with equipment and refreshments afterward. And like with the turtle tour, if you don't get to see a manta ray your next underwater excursion is on them, at no extra charge. Gosh, Hawaii tour operators sure know how to add a value proposition.

A HEAVENLY PERSPECTIVE

Once you're out of the water and done with the history, why not see the wonderful splendor of the islands from way up high? Like in the sky! There are a variety of ways to do so, from selfies on one of the many summits you can hike during a day tour, to helicopter rides and even nifty ziplines there's definitely something for everyone.

ZIPLINE PARK AT CAMP MAUI

There'll be plenty of time to hit the beach and check out the girls later, but for now, why not try something that's sure to get your adrenalin pumping. Head over to the Zipline Park at Camp Maui and get ready to experience a truly unique two-hour zipline adventure through the treetops at the historic World War II base called "Camp Maui" on Maui's North Shore. Here's, you'll have expert guides to lead you through a thrilling zipline course that features 7 lines, giant towers, aerial platforms, and swinging suspension bridges. Build up the courage to have a go at the highest ziplines which reach heights of 70 feet and extends 900 feet from end-to-end, reaching speeds of up to 40 miles per hour. There's no better way to see one-of-a-kind views of Maui's beautiful and lush landscape including views of Maui's North Shore and the Pacific Ocean. You'll get to select a time slot that suits you with all ziplining instructions and safety equipment like a helmet, safety harness and gloves all included. Aside from all the heart-racing action on offer, you'll also learn about Hawaii's rich history, wildlife and diversity and culture.



MAUI AND MOLOKAI HELICOPTER TOUR

Get a bird's eye view of the natural beauty of the majestic Maui and Molokai islands on this exclusive 45-minute helicopter tour. Flights are available during the morning or afternoon and include expert narration to enhance your knowledge of the region. Feel like a true VIP as you set off to enjoy a personalized flight through the deep valleys and craggy ridges of the magnificent West Maui Mountains. Along the ride, you'll see natural splendors like waterfalls and valleys that are inaccessible by land and experience the full wonder of the sea cliffs of Molokai's inaccessible North Shore. If you're not planning on doing much, you still gotta do this!





DID YOU KNOW

Hawaii originates from the Proto-Polynesian word “hawaiki” which means “Place of the Gods” or “Homeland.”

Hawaii is home to the largest active volcano on Earth. Dubbed Mauna Loa, it's recognized as the largest subaerial volcano in both mass and volume as is dwarfed only by Tamu Massif - an extinct submarine shield volcano.

Awesome movies with scenes shot in Hawaii included *Godzilla*, *You, Me and Dupree*, *Jurassic Park & Jurassic World*, *50 First Dates* and *Tropic Thunder*.

Hawaii is one of four U.S. states that has banned the use of billboards for advertising. Speaking of bans, snakes are also illegal with the only places permitted to display snakes being zoos.



WHAT WOMEN WANT

BY CATRIONA BOFFARD
CLINICAL SEXOLOGIST & PSYCHOTHERAPIST

The age-old, stereotypical statement overheard in a group of women often goes something like “he just doesn’t get it” or “why can’t men just understand what we need?” Unfortunately, men (and women) aren’t mindreaders, but the fundamental differences between men and women can get in the way of happy and successful relationships. So, how exactly do we overcome this and what is it that

women REALLY want? We try to find out!

The general consensus is that “men are from Mars and women are from Venus.” Men and women are inherently different, yes, but when it comes down to it, we are actually all ‘made up of the same parts, organized in different ways’ [to really get a thorough understanding of women sexually, read more of Emily Nagoski’s work. You won’t regret it!].



So, let’s break it down on what women really want, right from relationship dynamics to sex:

Women want to feel heard... but really, truly heard

Active listening doesn’t just involve nodding and responding with an ‘uhhuh’ while you keep watching TV. The first step in active listening is eye contact (basic right?). Then, it requires verbal and non-verbal cues of acknowledgment. The next step is something that actually doesn’t come easily to men or women – validation and empathy.

What this means is that instead of the usual ‘how do we fix this’ approach that is inherent in most men’s wiring; it’s an approach of listening and trying to really come to grips with how she might feel. For example, if she tells you she’s having trouble with a co-worker, it’s unlikely that she wants you to fix it. What would probably make her feel a lot better is if she heard things from you like “that sounds tough” and “I would also feel that way.”

This means you give her patience, understanding and kindness too. You let her feel her feelings (even if you don’t get them) and you acknowledge them and try to put yourself in her shoes. Unfortunately, this is not a skill we’re taught at school, and in my work with men and

women, I often spend a lot of time teaching men how to offer empathy to their girls.

Women want to feel like they matter

This one may require a little detective work, as every woman is different in the way that she feels that she matters to a man. So, what worked for your ex may not work for your current lady. For example, one woman may feel like she matters to you when you tell her you’ll do the washing up after dinner, and another when you tell her that you’ve canceled a late work meeting so you could spend the evening with her instead. Ask her what makes her feel appreciated and that she matters to you, and then do it consistently! It might be something you can say rather than do.

A really great way to figure this out together is to do the 5 Languages of Love test, which is available online [created by Dr. Gary Chapman]. Most couples talk in a completely different language, so it often requires a little more effort to speak your partner’s language when it’s not your default. Doing little things for her to show her you appreciate her; in her language, goes a very long way.

Women want to feel wanted in ways other than sex

This is a massive one for most women. Of course there is a great deal of importance in adult relationships placed on sex for a couple, but what so often happens is that one partner initiates sex to feel close whereas the other partner pulls away because they don’t ‘need’ sex to feel close, and they would prefer simple touches and affection rather than anything sexual. I’ve seen couples over and over where the girl won’t even be affectionate because she’s worried he’ll think she’s keen for sex – even when she’s desperate for affection. Sex becomes this experience that creates difficult territory in the relationship. So, put energy into making her feel special outside of the bedroom, consistently. Foreplay is actually any intimate experience that takes place between couples. This could be you placing your arm around her in a movie, or you telling a group of people you’re with something you appreciate about her. A little goes a long way outside of the bedroom, and she needs to feel wanted by you for other reasons aside from just sex!

“Most couples talk in a completely different language, so it often requires a little more effort to speak your partner’s language when it’s not your default”



Women want you to make the effort

At the beginning of a relationship, we're all about the effort. Effort in making time to see each other, effort in planning special things to do, effort in complimenting each other and being on our 'best behavior' (i.e. not farting in front of her). But when we start to get comfortable and domestic life with all its routines is established, we slowly fall out of making this effort. We stop complimenting each other, we stop dressing up for dinners out, and we start to show our real selves more and more. This, unfortunately, does not do anything for desire and feeling wanted. Relationships take effort, and they always will.

Happy couples are constantly working on their relationships and doing small things consistently. And this includes making an effort to make each other feel special and wanted. Tell her you want to plan date nights and take her out or compliment her regularly so she doesn't get suspicious of a compliment out of the blue and think it's out of character for you. Make her feel like she matters to you all the time; not just when she asks or it's a special occasion.

Women want to feel like equals

In relationships, women want to feel like an equal, like they matter and their opinion matters as much as their man's does. They want to be included, asked their opinion and given the opportunity to engage. So in a group, ask her what she thinks and don't dismiss it. Women want to know that you respect them and value what their input, so make sure that if you're in a group of men, you're the one standing up for her!

A very interesting fact, however, is that research has found that most women prefer to have their partners be dominant in bed, and to play a more submissive role. This is of course not true for every woman, but for most women, they prefer to feel that their male partner is in charge, and taking control. Research shows that women enjoy the fantasy and experience of being dominated. But before suddenly taking on

this role, start slow and ask her what turns her on or what she would like. Asking will also go a long way in helping her feel that her sexual needs matter to you.

Women want vulnerability

"Men don't cry" is a very outdated, stereotypical thing to say. Men do cry – they are human beings too after all. Men and women may experience emotion in a different way but that doesn't mean a man constantly has to live up to the "macho" ideal others place on him. Showing emotion to your girl is important and helpful – assuming that the emotion you're showing her isn't destructive or abusive. When you're sad, tell her and let her know how she can help. If you're feeling stressed out or anxious, reach for her and get her to support you. Connecting on this level is a way of developing deeper emotional intimacy.

Women want moral integrity

Unlike many cultures around the world where men have multiple partners or wives and it's seen as the norm, or even in cultures where infidelity is expected, American culture is not one of them! Having a girl [or 3!] on the side while calling your main squeeze 'the One' is not something any woman appreciates. Women want to know that they matter enough to you that you respect them. And what that means is that if you agree to be exclusive and deem yourselves in a relationship, that it means it's just the two of you.

No flirting with others on the side, no swiping right on the sly. Respect is fundamental to any successful and happy relationship. Without it, couples may be in constant conflict and struggle to get the relationship to go anywhere. It leaves room for abuse and toxicity to develop. If you've discussed dating other people or having an open relationship, then go right ahead. But for most girls, they want to be your only one.

Women want to know you can own your sh*t

Moral integrity also includes honesty, trustworthiness and responsibility for your own actions. If you've done something, own it. Take responsibility for it. Ask how you can make it up to her rather than apologizing and then negating it with "but you did this..." If she's upset and telling you you've done something that would probably also be upsetting to say, your sister or best girlfriend, own it! She wants to know you can own it, but also that you've really gotten what she's upset about.

So instead of just apologizing, try to follow the apology with your understanding of why she's upset. For example, "I'm sorry you're mad" isn't going to go down well. "I'm sorry you're mad. I should've let you know I was running late because I know you worry" will help repair things in the moment and help her feel you respect her and recognize why she's upset.

Women don't want to feel pressured during sex

Women often tell me that they feel they should be having orgasms and wanting sex more. And when I ask why, they often say it's because their partner wants them to. Pressure, expectations and sex are the worst possible combination. As soon as we feel pressured to do something or be something sexually, it causes anxiety, and anxiety decreases our ability to function sexually.

This is particularly true for women during sex, and when she feels like she can't achieve something (e.g. an orgasm) she will feel worse about herself and the situation. Approach sex as something you're excited to share with her; no matter the ending. Make it an experience that feels exciting, not full of expectations and anxiety. Tell her that her sexual needs matter to you, but that she doesn't need to feel that anything is expected.



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